

UMASS/AMHERST



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Massachusetts

JANUARY 1975

NUTRITION EDUCATION and SCHOOL FOOD SERVICES *Newsletter*

A MONTHLY REPORT

IDEAS DEVELOPMENTSTRENDS

THE MANAGEMENT PROCESS

PRODUCTION AND SERVING

The excitement of the holidays is behind us and the challenges of a new year are here. Your school food service faces the challenge of increasing the participation in the Type A lunch program. In order to accomplish this, each phase of your operation has to run smoothly and efficiently. Integral parts of this whole is production and service. Management is responsible for seeing that quality food and quality service are every day occurrences. With certain controls and conditions this can be brought about with the least amount of time, effort, and material.

Unless adequate records are kept and used for future planning you will see your food costs climbing. A production schedule should be utilized to inform employees of what and how much is to be prepared. With the aid of such quantity production tools as the Food Buying Guide and Recipes for Type A School Lunch an estimate can be made for the amount of food to be prepared. If accurate production records are maintained daily by the cook, baker, and other employees your estimate will become more accurate. These records would include: 1) standardized recipes, 2) total yield 3) size and number of scoops or spoonfuls to a serving, 4) cost per serving.

Standardized recipes are your best friends in a food service operation. They have been developed and tested under controlled and specified conditions to insure a quality product each and every time. Careful directions for all steps in preparation, cooking, portion sizes and exact yield are given. These recipes eliminate guesswork, failure, and waste. If used properly, with close attention paid to weighing and measuring of all ingredients, leftovers are kept to a minimum, time, and energy are saved, and food costs are controlled.

Portion control is guided by using the correct equipment and utensils for each job. Make sure all these are in good working condition. Post information on portion sizes in work areas where it is easily accessible for quick reference by the employees. List the

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sizes of scoops, spoons, ladles, and other tools that are used for portioning foods and preparing ingredients. Also, include the proper pan size to be used to accommodate the product being prepared, noting how many servings each pan will yield. It may be helpful to mark capacity levels on the inside of the pan.

Likewise in serving, use of proper equipment is a necessity. Solid spoons may be used for dishes such as casseroles and foods that are served with the sauce in which they are cooked. Slotted spoons should be used for foods such as peas and corn which are cooked in their liquid to prevent drying. Scoops are advantageous when serving potatoes, salads, and desserts. Wise use of equipment not only fosters portion controls, fiscal controls, and production controls, but mostly it assures every child of receiving the nutritional requirement of the Type A meal.

Before service begins, staff members should read and know the menu, making sure all necessary equipment is at hand. Meals should be served quickly and smoothly without affecting the quality of the foods prepared. An even flow of food to the counter should be maintained with a minimum of holding time. Certain persons should be delegated to replenish the supplies so servers do not hold up the line by leaving the counter. Use serving time judiciously. When plating-up mashed potatoes, for example, place them on several plates before serving another item - follow this procedure with each menu item. Use gaps in the line to keep the service areas clean and tidy. Wipe any spilled food immediately. Use tongs and/or mitts for serving breads, crackers, cookies, and other finger foods.

What is seen affects what is eaten. Arrange foods on the plate so that they are appealing to the eye. Remember to keep hot food hot and cold foods, such as crisp salad and desserts, well chilled. Most importantly be alert and practice wearing a smile.

Both manager and employee will benefit from a well organized lunchroom. All will have a better understanding of their jobs and the goals toward which they are working. Well prepared food will be attractive food and nutritious food. Only foods that are eaten by the children will contribute to their health and well being.

DON'T FORGET

NATIONAL NUTRITION POSTER CONTEST

SPONSORED BY THE FLORIDA DEPARTMENT OF CITRUS

DEADLINE IS

MARCH 15, 1975

INCREASE PARTICIPATION

The School Lunch Program is expanding every year by enlisting non-program schools. Presently there are 2,387 schools in the Massachusetts School Lunch Program. But there remains a large group of "non-participating" children, those who do have access to the Type A lunch, but do not participate on a regular basis. Finding ways to reach these children is one of the biggest problems facing all of us today. The problem is not only evident in high schools, but also the participation rate in many elementary and Junior High schools is at 60% or lower.

By reaching these non-participating children you will be offering them good nutritional development, which students in the teen years are especially in need of. Rapid growth rate occurs during these years. Girls, obsessed with being thin, will go on a fad diet which is not balanced. Both sexes frequently use food to assert their independence. The result is far too often a poor food intake.

Research studies have disclosed that for many students the noon meal was the most balanced meal they had all day. Hence it is very important to stimulate an interest in meal time and in the importance of balanced intake. The School Lunch Program is a means of promoting good nutrition and basic education in meal planning and food selection.

Food costs are up. Labor costs have risen sharply, and equipment repairs and costs have followed suit. About the only thing that has remained the same is the price of the school lunch. How can you make a kitchen pay for itself and get 100% productivity from it? High participation in the program is the answer

A program that attracts 90% of the students is a program that operates with involvement of students and community. Some successful ways in achieving this are:

1. Popular Menu - In order to avoid repetitious menus you cannot always serve favorite student items. But you should try to include one thing students especially like, such as a dessert, a salad, or main dish, and then stagger the less popular foods.
2. Student Food Group - A good relationship with this group will help to keep you informed of students likes and dislikes. It does make a difference to students when they know you are available and will listen to their complaints or suggestions. Explain the Type A lunch and regulations. Work from there trying to serve their favorites in lunch and/or at the snack bar.
3. Home Economics Class - Stimulate more interest by having students plan Type A lunch menus which will be used for an entire week. In the elementary schools, work with individual classes planning a lunch for a particular day and giving credit to the class for their original menu.

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4. Stress Food Quality and Quality Food Service - Emphasize to the students and the community through various groups or the media that the lunch program is using quality ingredients and tested quantity recipes. Send a news release to the local paper explaining the workshops or in-service training your employees have been attending.
5. Promote Community Interest - Invite parent organizations to come and visit the cafeteria, or have a special day set aside for parents to dine with their children. Why not invite the Rotary Club members to share a school lunch and explain the benefits of increased community interest in your program through a parent advisory committee. Speak at the next PTA meeting, explaining the goals of the lunch program and how each child benefits from it.
6. Incorporate Nutrition Education into the Program - By doing this students will then know how important it really is to eat a good, well balanced lunch and how beneficial it is to them to make wise nutrition choices.

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TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - A 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

Commodities Expected to be Available in February

Frozen Ground Beef	Luncheon Meat
Frozen Chicken or Turkey	Peanut Butter
Rice	Macaroni, Elbow Hy Pro
Egg Mix	Spaghetti, Thin Hy Pro
Milk, Instant	Orange or Grapefruit Juice
Canned Cranberry Sauce	

Shipping and purchasing difficulties may make some variation in the above list.

Commodity Value Comparison

As you can readily see from the figures below the value of commodities issued for the first two months of this school year exceeded last year by two and a half million dollars. This, I believe, can be attributed to the many Needy Family foods as well as the early receipt of frozen ground beef.

<u>1973</u>	<u>1974</u>
Sept. \$585, 317	\$1, 434, 157
Oct. 499, 201	<u>2, 377, 414</u>
\$1, 084, 518	\$ 3, 811, 571

Commodity Purchase Price

You may be interested to know the prices paid by the U.S. Department of Agriculture for foods that are or will be available for schools.

Frozen Ground Beef	.68 per lb.
Turkey Rolls, cooked	.81 per lb.
Frozen Cut Up Chicken	.48 per lb.
Frozen Frankfurters	.68 per lb.
Cnd. Pork or Beef	.84 per lb.

The above are the delivered prices to our warehouses in Boston, Springfield, and Worcester during the month of December, 1974.

Disaster Foods

In the event that you are called on to provide foods for disaster feeding, it is well that you be familiar with the regulations that permit only the use of Section 32 and 416 commodities.

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It is recognized that under the stress of disaster situations, or through requisitions under Martial Law, or by other disaster authorities, releases sometimes are made of Section 6 commodities for disaster feeding purposes. The vital role which school food personnel usually have in disaster feeding activities increases the possibilities of the use of these foods.

It is important that there is a full understanding concerning the restrictions on the use of Section 6 commodities. When Section 6 commodities are used for other than the school lunch program, they must be replaced with the same or similar food of equal value and quantity or reimbursement must be made to the school for the value of the commodities.

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SPRING WORKSHOP

This year's Spring Workshop will see a few changes. There will be two meetings, one on April 1, 1975 at Bridgewater State College, and one on April 2, 1975 at Fitchburg State Teachers College. This arrangement will lessen travel time for most.

In using the state facilities, however, we must give our guarantee of the number to attend one month before the actual date. Therefore, programs for the workshops will be coming to you early in February. We strongly urge you to send your reservations in as soon as possible after receiving your program.

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UP-DATE ON CHEESE ALTERNATES

USDA has approved the use of Unique imitation cheeses (both American and Mozzarella varieties) manufactured by Anderson Clayton Foods. This product was the first to be submitted for approval. However, other companies are in the process of formulating cheese alternates and when such products are found acceptable by USDA you will be notified through this publication.

BOUNCING BERRIES

All cranberries share a common trait--the ability, if ripe, to bounce. This test comes after harvesting when the berries are put through a machine which blows the chaff away. Mechanical separators give each berry seven chances to bounce over four-inch barriers. Good firm cranberries will bounce; "bounce-less" berries are discarded as unfit for marketing.

THE PROOF IS IN THE MICE

Vincent Castellani, a tenth grade student at Wachusett Regional High School, submitted the following write-up of an experiment he performed earlier this year. It should prove of interest to all.

"In the month of October, 1974 a nutritional test was conducted by Vincent Castellani, a grade 10 student at Wachusett Regional High School between two mice.

In these days when the quality of a nutritionally balanced meal is highly questioned, more people are consuming food that is bad nutritionally, but good tasting so they accept it. These tests are to see comparatively if a Class "A" meal is indeed nutritionally more beneficial than Class "B" which in this case will be defined as a suspected good tasting diet.

For a generation Americans have been constantly assured that small portions of high grade proteins from eggs, milk, meat and poultry were desirable for building strong bodies because it was "balanced"--that it contained all of the eight amino acids our bodies needed. Unfortunately, the average American does not abide by such rules and consequently thrives on popcorn, candies, potato chips and coke that drain his inner resources which ultimately prove detrimental rather than beneficial to his physical well being.

The purpose of this experiment is to prove whether it is the food or work that drains his energy.

I chose to do so by getting two mice and giving one the Class "A" and the other Class "B" diet. The test was conducted in a scientific manner, by first having a control. The control is a period in which I subjected the mice to the same conditions and determined the regularities of each mouse to see what differences occur. After an extensive literary survey in finding diets, I chose that of Wachusett Regional High Cafeteria because this would serve a dual purpose.

Mouse "A" was fed a school lunch diet, and Mouse "B" was fed popcorn, potato chips and coke. It didn't take long before Mouse "B" (Class "B" food) began to get sluggish. He didn't consume the total 5 grams of potato chips and popcorn, consequently his rotations on the wheel slowed down and finally decreased to a point of stopping at which time his hair began falling out. He did drink nearly all of his 10 ml of coke, which is all that kept him alive due to its high energy sugar content. On the other hand, mouse "A" thrived healthily and did two to three times more rounds on the wheel, was well built, ate nearly all of his 5 grams diet and nearly all of his 10 ml milk.

I decided upon another control process to verify my results, and to balance them back. Again I indulged into tests, but this time reversed the feeding, Mouse "A" was given mouse "B's" diet and Mouse "B" received "A's" diet. It wasn't long before mouse "B" began to use the wheel and hair began to become shiny and mouse "A" dropped to a low, near death

CORN SYRUP RECIPES

BASIC WHITE COOKIES

Ingredients	Amount
Sugar	6 lb.
Corn syrup	3 lb.
Shortening	6 lb.
Baking soda	3 oz.
Salt	3 oz.
Cream of tartar	4 ½ oz.
Flour	15 lb.
Vanilla	2 ¼ c.
Dry eggs reconsti-	6 c.
Water tuted	4 c.

Directions

Cream together the sugar, corn syrup, and shortening. Add eggs (reconstituted) and vanilla. Mix together dry ingredients - add to sugar mixture and combine with dough hook. Roll cookie dough ¼" thick and cut with cookie cutter or use as an ice box cookie by making "cookie rolls" and wrapping in wax paper, put in refrigerator and cut or slice ¼" thick when ready to bake. Bake in a 375° oven for 7 to 12 minutes.

Constance Saulis - Manger - Chelmsford H.S.

CHOCOLATE CAKE

Ingredients	Amount
Sugar	10 lb.
Karo (weighed)	5 lb.
Cocoa	3 lb.
Shortening	4 ¼ lb.
Dry eggs reconstituted	2 qt. + 1 c.
Water	2 qt. + 1 c.
All purpose flour	9 lb.
Baking soda	3 ¾ oz.
Salt	5 oz.
Vanilla	½ c.
Hot water	1 ½ gal.

Directions

Cream well (10 minutes) sugar, karo, cocoa and shortening. Add reconstituted eggs and beat well. Add dry ingredients and hot water alternately. (Mixture will be thin.) Bake in a 350° oven for 15 to 20 minutes.

YIELD: 5 pans - 4 quarts per pan.

Marilyn Welch - Manager - Byam School - Chelmsford

SUGARLESS CAKE (YELLOW CAKE)

18x26 pan - cut	8x10	1 sheet	3 sheets
Sift together:			
Flour	9 c.	6 ¾ lb.	
Baking powder	3 T.	2 T.	
Salt	1 tsp.	1 T.	
Cream:			
Butter	1 c.	1 ½ lb.	
Shortening	1 c.	1 ½ lb.	
Orange juice, conc.	2 T.+2 tsp.	½ c.	

BLONDE BROWNIES

Ingredients	Amount
Brown sugar	10 lb.
White sugar	10 lb.
Karo	10 lb.
Dry eggs	5 qt.
Water	5 qt.
Shortening	8 lb.
(Butter)	(4 lb.)
Vanilla	1 c. 2 oz.
Flour	17 ½ lb.

Fresh eggs 3 24
Reconstituted milk 2 c. 1 1/2 qt.
Vanilla 2 T. 6 T.

Gradually add dry mixture and beat until smooth. Add eggs one at a time, beating after each. Add remaining dry ingredients with milk vanilla mixture. Bake in a 375° oven for approximately 20 minutes or until tester comes out clean.
NOTE: For best results stand bottles of Karo in warm water.

Louise Snell - Manager - North Attleboro

CORN SYRUP SUBSTITUTIONS

1 pound sugar - use 1 1/4 fluid ounces syrup and reduce the water by 3 fluid ounces.

5 pounds sugar - use 68 fluid ounces syrup and reduce water by 15 fluid ounces.

10 pounds sugar - use 6 gallons plus 6 fluid ounces syrup and reduce the water by 30 fluid ounces.

cakes - use syrup to replace 1/2 of the sugar required.

cookies - use syrup to replace 1/4 of the sugar required.

Mrs. Daphne Chapman - Manager - Wakefield

Nuts 5 lb.
Chocolate or Butterscotch bits 5 lb.

Directions

Reconstitute the eggs. Add sugars, shortening, karo, and vanilla. Beat well. Mix dry ingredients and add to first mixture. Beat just enough to moisten. Add nuts and bits. Bake in a 350° oven for 20 to 25 minutes.
YIELD: 11 pans - 80 pieces per pan.

Marilyn Welch - Manager - Hyam School - Chelmsford

COWBOY COOKIES

Using 50% dextrose or corn syrup

Cream:

6 lb. butter or shortening
3 qt. brown sugar
3 qt. dextrose or corn syrup
1 qt. dried egg mix
1 qt. water

Add:

Sift together and add:

10 1/2 lb. all purpose flour
1/4 c. baking soda
2 T. salt
2 T. baking powder
6 qt. rolled oats
1 1/2 qt. cocoa drops
1/4 c. vanilla

Add:

Scale 4 1/2 pounds. Shape into logs, wrap and refrigerate. Slice and bake as needed. Bake in a 375° oven.

Agnes Delsignore - Supervisor - Dighton-Rehoboth
Regional H.S.

ROLLED WHEAT PEANUT BUTTER COOKIES

Cream
 4 1/2 lb. peanut butter
 4 lb. butter or shortening
 8 lb. brown sugar
 3 lb. dextrose or corn syrup
 1/2 c. vanilla
 1 qt. dried egg mix
 1 qt. water

Sift together
 and add

7 lb. all purpose flour
 5 oz. baking soda
 2 oz. salt
 4 lb. rolled wheat or oats

Scale 4 1/2 pounds, shape into logs, wrap
 and refrigerate. Slice and bake as
 needed. Bake in a 375° oven.

NOTE: You may use all brown sugar (11 lb.)



CHOCOLATE BROWNIES

Ingredients	Amount
White sugar	20 lb.
Karo	10 lb.
Dry eggs	1 1/2 gal.
Water	1 1/2 gal.
Vanilla	1 1/2 c.
Shortening	9 lb.
Butter	9 lb.
Cocoa	5 lb.
Flour	12 lb.
Baking powder	1/2 lb.
Cornstarch	3/4 c.
Nuts	3 1/2 lb.

Directions

Mix eggs and water in bowl. Add sugar
 and karo. Melt shortening and butter.
 Mix cocoa and melted shortening together.
 Add vanilla and beat well. Add dry
 ingredients and mix just enough to
 moisten. Bake in a 350° oven for 20
 minutes.

YIELD: 11 pans - 80 pieces per pan

Marilyn Welch - Manager - Byam School
 Chelmsford



TEMPORARY UNEMPLOYMENT
AND
FREE OR REDUCED ELIGIBILITY

To keep you informed of the Free and Reduced Price Policy we are including a letter sent to Superintendents of Schools and Sponsors of Private Schools and Child Care Programs by his Office in regard to Changes in Family Income.

"Because of recent deterioration in the employment picture in many areas, we have been asked for further clarification of the effect of strikes, lay-offs and furloughs upon our free or reduced price meal or free milk procedures.

If at any time during the school year a family experiences a drastic decrease in its income, it may apply for free or reduced price meals or free milk for its school child or children. This does not mean, however, that such children are automatically or categorically eligible.

Each affected family must apply and be approved by the designated school official for a free or reduced price meal or free milk in terms of its present weekly or monthly total family income. Such total income must include all benefits being received, including union strike benefits. A specific determination must be made in terms of the applicable income guidelines.

Please bear in mind that any such temporary eligibility ceases as soon as the family income exceeds the applicable guidelines of the school food authority.

Some Union contracts provide "furlough benefits" for senior employees, often as high as 95 percent of the previous rate of monthly pay. This is one of several reasons why an adjudication of temporary eligibility must be made on an individual basis, supported by a signed application.

Our prescribed application and parents letter forwarded to you in August, 1974 must be utilized and the completed application maintained separately indicating temporary eligibility. All temporary applications, where feasible, should note estimated duration and be reviewed by approving official monthly. Recipients must be informed that when their income changes they are to contact the school approving official.

It is not required to reissue the "Parents Letter" and "Applications" to the entire student body but due to the high unemployment in Massachusetts, we suggest an announcement of the information contained in this memorandum be published in the local press to alert the families in the community of the temporary benefits available to them if affected by strikes, lay-offs and furloughs.

GOOD NUTRITION AND ADVERTISING
DON'T MIX

Local action, taken by Williamstown and Adams citizens, has altered the look of the North Adams newspaper The Transcript. Previously School Lunch Menus for Mt. Greylock Regional High School and the Adams-Cheshire Regional School District were printed in an advertisement sponsored by the Coca-Cola Company. Superintendent Michael V. McGill of Williamstown requested that this practice, which he felt was a form of advertising for Coca-Cola, be stopped. That town's menus will now be published on the Williamstown page of the newspaper. For the other community, not only was objection found with the association of school lunch and Coca-Cola, but also with the fact that the menus for the following week were printed on Friday, the day after elementary school parents must pay for these meals. Superintendent Rolland G. Duval's attempt to have publication of the menus moved to Wednesday came to no avail. Therefore the Adams-Cheshire Regional District School Committee voted unanimously to stop publishing the menus in The Transcript altogether. A local advertising tabloid has offered to include the menus at no charge

SEMINAR

The Food Service Executives Association is sponsoring a Seminar on "Kitchen Layout and Design" to be held on the third Tuesday in January and February. The meetings, the first of which will be held at the Lynn Vocational Technical Institute and the second of which will be held in a greater Boston hospital, are open meetings and any interested persons are urged to attend. Clock hours have already been authorized for members of the American Dietetic Association.

The cost of the meetings is \$1.00. This does not include the cost of a buffet which will be served following each session. To pre-register, which is encouraged, send your name and address with the fee to Mr. John Bell, Vice President, Food Service Executives Association, 26 Fairview Avenue, Belmont, Massachusetts, 02178

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Your cooperation in helping those families in your community who may be temporarily enemployed and eligible for participation under the above procedure will be appreciated, I know, by this Office and those families who may not be aware of their eligibility."

TVP

A list of processors and private label distributors of textured vegetable protein products which have been approved by USDA and found acceptable for use is on file in this Office. This list includes the processors or distributors of acceptable dry or hydrated products plus the processors or distributors of acceptable "mixes" and also includes the percent textured vegetable protein product in the mix and yield information relative to the recipe(s) stated on the label. If you have any questions as to whether the product you are using is acceptable, call this Office. This list will be effective for one year at which time the new specifications, which are being written concerning TVP, will be ready. These new regulations will go into effect in the Fall of 1975.

USDA has also devised labeling instructions that acceptable products must conform to. This labeling information is designed to assist the school lunch manager in identifying those products that have been approved and in using such products appropriately in the Type A lunch pattern.

These instructions are as follows:

- 1) Any dry, hydrated, or textured vegetable protein mixes that have evaluated and approved by USDA must state on the label that it does meet the USDA-FNS specifications.
- 2) All ingredients, listed in the order or predominance by weight, must be included on the label. In the case of TVP product "mixes," the ingredient listing should additionally specify the percent of TVP protein in the mix.
- 3) TVP product mixes must include on their labels:
 - a) Directions for combining textured vegetable protein product mix/water/uncooked meat, poultry or fish.
 - b) Number of servings of meat/mix combination that are equivalent to 2 ounces cooked, lean meat portions needed to meet Type A lunch requirements.
 - c) Approximate weight of uncooked portion of meat/mix combination to yield two ounces of cooked lean meat equivalent (for patties or similar portioned items only) and the approximate weight of cooked portion of meat/mix combination equivalent to 2 ounces of cooked lean meat (for items portioned after cooking).

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stanza.

So I believe this proves a point. If the average American would indulge in a nutritious balanced meal, and stop putting the blame on his occupation, he would find a big difference.'

VINCENT CASTELLANI
WACHUSETT REGIONAL HIGH SCHOOL
GRADE 10

LEOMINSTER SCHOOL FOOD SERVICE MEETS NUTRITIONAL NEEDS OF STUDENTS ON DOUBLE SESSIONS

The Leominster Junior and Senior High Schools have both had to schedule double session days because of overcrowding. They are faced with the same problem other schools have had in trying to schedule time for the School Food Service. Mr. Aldrich V. Cousins, Principal, indicated that double sessions posed a very difficult problem. If two schedules were set up based on a single session day, some students would not be leaving the school until after six o'clock at night. Therefore, Mr. Cousins, together with Mrs. Pauline Caisse, Director of the School Food Service Program, and Mrs. Margaret Paretti, School Food Service Manager, worked out a most efficient solution. The High and Trade High School, which is serviced by the High School, have a combined enrollment of approximately 1550 students. At the present time an average of 800 students are eating a Type A lunch each day. The lunch service starts at 10:38 and runs until 1:28, giving students on both sessions the opportunity to participate. There are, however, various reasons why, on different days, a student might not be able to go to the lunch room during regular serving times. In order to meet the nutritional needs of all the students a Snack Bar has been opened. Food is served at the Snack Bar from 8:30 to 10:15 and reopens at 1:45 to 3:55. Students who do not have the chance to participate in the lunch service are offered, through the Snack Bar, a choice of sandwiches - chicken, tuna, peanut butter, egg salad, etc.; school baked cakes or cookies (peanut butter and oatmeal being the favorites); peanut butter and crackers; ice cream, milk; and fresh fruit. Junk foods have no place on the menu here.

Mr. Cousins has indicated that a definite improvement in the behavioral pattern of students has been noticed since the Food Service Program has been extended. Many students, on the morning session who arrive at school earlier than usual are quite happy with the new arrangement.

Mrs. Paretti and her staff have done a great job in meeting the nutritional needs of their students. Both Mr. Cousins and Mrs. Paretti welcome anyone faced with double sessions to visit their school to observe the program.

LEOMINSTER PUBLIC SCHOOLS - CYCLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American Chop Suey Buttered Green Beans Peanut Butter Sandwich Fruit Square	MANAGER'S CHOICE	Chicken or Turkey w/Gravy Cranberry Sauce Mashed Potatoes Buttered Peas Bread/Butter Chocolate Pudding w/Topping	Juice Hamburger on Buttered Roll w/Catsup Cole Slaw Fruit Jello	Fish Portion Tartar Sauce Mashed Potato Buttered Spinach Bread/Butter Peanut Butter Brownies
Spaghetti or Macaroni w/ Meat Sauce Wax Beans Peanut Butter Sandwich Chocolate Cake w/Frosting	Honey Glazed Luncheon Slice Whipped Potatoes Whole Kernel Corn Bread/Butter Chilled Fruit Cup	MANAGER'S CHOICE	Chilled Juice Swedish Meatballs Parsley Rice Green Salad Bread/Butter Glazed Apple Cake	Tuna Salad Roll French Fries Buttered Peas Assorted Fruit
Grilled Cheese or Hamburger Buttered Peas & Carrots Applesauce Peanut Butter Cookie	Cranberry Juice Frankfurter in Roll w/Mustard, Relish Buttered Corn Pineapple Upside Cake	Meatloaf Mashed Potato Buttered Green Beans Bread/Butter Strawberry Whip	MANAGER'S CHOICE	School Baked Pizza Tossed Salad Chilled Pear Half
Beef w/Gravy Rice Pilaf Buttered Sliced Carrots School Baked Oatmeal Roll Pear Slices	MANAGER'S CHOICE	Baked Sausage Whipped Potato Snickerdoodle Bread Applesauce	Juice Fishburger in Bun Tartar Sauce Green Beans Spice Cake w/Frosting	Baked Lasagna Garden Salad Italian Bread/Butter Fruit Cobbler
MANAGER'S CHOICE	Hamburger w/Brown Gravy Mashed Potato Buttered Carrots Bread/Butter Chocolate Chip Cookies	Juice Frankfurter in Roll w/ Mustard Relish French Fries Banana	Meatballs w/ Tomato Sauce French Bread Green Salad Chilled Fruit Cup	Fish Sticks Tiny Taters Whole Kernel Corn Peanut Butter Chewy Bar

MILK IS SERVED WITH ALL MEALS

CHECKING YOUR CLAIM, LATELY?

Are you sure that you are checking your completed monthly reimbursement claim (Form FP6 and/or FP6A) before the claim is sent to our office?

When a claim has to be returned for correction, the correspondence necessary to produce a corrected claim will delay the payment of said claim from ten days to two weeks.

This two week delay in payment could be avoided by doing less than an hours checking of the claim with the original figures.

MSFSA Notes



1975 marks our association's 24th birthday. Many worthwhile projects have been accomplished. Too many to enumerate here. From year to year new issues prevail which create more problems to solve for the benefit of our child feeding program. We all need to pitch in and help. The answers can not be solved by a few people. The association is as zestful and ever growing as our 24 young years suggest. It is our members who help shape this organization and influence its growth and accomplishments. Let us agree to a New Year's resolution that will increase our love and service to the school children. We must give much in the way of nutrition. This is needed for a good healthful and happy life.

Will you help us by joining the Association. By helping us you help yourself. Our jobs become more complex and challenging; both in time and perspective. Membership in a professional association opens up new contacts and friendships based on mutual interest.

The Massachusetts Food Service Education Council Seminar will be held January 29, 30, 31; Child Nutrition Week is January 26; Don't forget to send in your name to me if you have worked in the school lunch program 20 years. Please mention if you are a member of M.S.F.S.A. If you are interested in receiving a scholarship fill out the application in your "Full Measure" and send it in before March 31, 1974.

Our executive board wishes everyone a happy, healthy, and prosperous New Year.

Shirlie Kristenson
MSFSA Public Relations



COMMONWEALTH OF MASSACHUSETTS

Department of Education

OFFICE OF SCHOOL LUNCH PROGRAMS

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FEBRUARY 1975

NUTRITION EDUCATION and SCHOOL FOOD SERVICES *Newsletter*



A MONTHLY REPORT

IDEAS DEVELOPMENTSTRENDS

RECORDS

THE INVALUABLE MANAGEMENT TOOL

School Food Service supervisors and directors are vested with considerable public trust, not only because they are charged with the responsibility of meeting the nutritional needs of our nation's children, but also because they are responsible for a substantial amount of public funds. With this public trust comes the necessity of exercising great care in controlling the disposition and use of such funds. Accurate records are necessary to provide controls and checks on the use of money, food, and labor. Many problems that arise in a food service operation stem from (1) the absence of good records, or (2) the inability to interpret records.

The manager who has generated adequate records and knows how to analyze their meaning, is in an advantageous position to anticipate problems and to find solutions before they reach crisis proportions.

According to the agreement that all communities sign with the State Office, they must keep full and accurate records of breakfast, lunch and milk programs to serve as a basis for the claim reimbursement and for review and Audit purposes.

Records are as follows:

ACCURATE COUNTS

The FP-9, Meal and Milk Count Control, is used to keep a record of the daily number of lunches and milk served. It is a simple, easy to follow form.

PROGRAM INCOME (RECEIPTS)

A record of income from students and adults for meals, milk, and a la carte sales must be maintained at each school. Income resulting from Federal-State subsidies must be accurately recorded. Income from other sources, such as special functions, donations, etc. must also be recorded.

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PROGRAM EXPENDITURES

A record of all program payments, supported by invoices, receipts or other evidence of expenditures, must be maintained. The payment categories include food, labor, equipment and all other expenditures. A purchase journal should be used to record all purchases, when they were made, from what company, and the total amount of the bill. This will be useful in preparing the monthly claim.

PROGRAM MANAGEMENT

Monthly physical inventories must be accurately figured and recorded to provide information about the quantity of foods used during the month, the amount to purchase for current needs, and to check pilferage.

CASH REGISTERS

Where cash registers are utilized, daily register tapes and cumulative readings for the school year are kept. These cumulative readings are maintained for one year to aid and provide for accurate income figures. The tapes should be saved for three years.

ORDER BOOK

This contains a listing of the food and supplies ordered with the quoted price. Invoices should be checked against the order book for quantity and price.

From time to time there will exist a differential between prices quoted and those listed on invoices or delivery slips. If the price quoted is recorded in the order book, the higher price can be challenged with greater ease.

MENU COSTING

To keep a budget adequate menu costing must be carried out. When planning menus a sales listing is a valuable tool. This is a record of the number of meals served for each menu. A convenient way to record the number of lunches sold is to write the number on the menu. It provides the menu planner with a historical record of the popularity of each menu. The number of meals served on a given day is affected by several variables. Weather, absenteeism, field trips, and other school functions can decrease participation.

All these factors are taken into consideration in determining the correct amount to purchase and prepare and therefore to calculate in advance the food cost for any given menu.

FOOD PRODUCTION AND COUNTER CONTROL

It is essential to maintain a record of the quantity of food prepared, served, and left over.

The value of the food sold (figured at selling price) is the potential income from sales and should be compared with actual income when the receipts are counted. The food production and counter control serves the dual function of pointing out (1) errors in production estimates that result in under or over production and (2) in pointing out discrepancies between potential and actual income.

STOREROOM RECORDS

Records should also be maintained of all goods that are requisitioned from storage. They tell what was taken, by whom, and for what. Like locks on storeroom doors they help provide control over pilferage.

Inventories are also records. Comparing from month to month will provide help in purchasing. The more frequent the turnover of items in storage, the less the losses will be from spoilage, shrinkage, and pilferage.

Inventories provide good accountability for storerooms. Adding purchases to the opening inventory and deducting issues will give an accurate inventory on any given day. This should be checked every month by a physical inventory.

RECEIVING

Receiving is often the weakest functional area in a food service operation. The conscientious, diligent efforts put into budgeting, menu planning, and purchasing can be wasted effort if operators become lax in this area.

The delivery slip is a record - a written statement of facts. It is the only documentation the purchaser and purveyor have of what was actually delivered. This record is meaningless if the person who signs it does not check each item listed against the actual merchandise. The delivery slip should also be checked with the order book. It is not uncommon in food service operations for deliveries to be short.

PROFIT AND LOSS STATEMENT

A profit and loss statement should be maintained for every school in a system. When a profit and loss is computed at the close of each month, a comparison of the overall operating costs from month to month can be made. A comparison of efficiency can be made between two similar schools in a multiple system.

The profit and loss is used to see if the program is operating within budgetary guidelines.

INTERTRANSFER OF FOODS

When food, purchased or donated, is transferred from one school to another a record must be maintained. It would be impossible to compute an accurate profit and loss state-

Cont'd on Page 10

STAFF OF LIFE
THERE ARE THREE E'S IN EATING

National Nutrition Week, sponsored by the Massachusetts Dietetic Association, this year focuses on the 3 E's of Eating. During the week of March 2-8, we can explore food for Ecology, Economy, and Enjoyment.

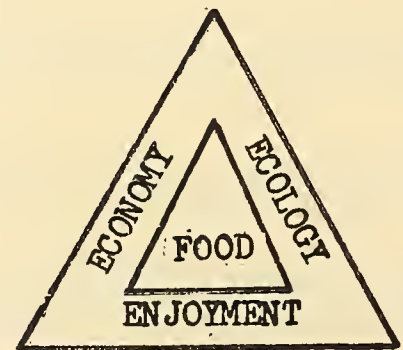
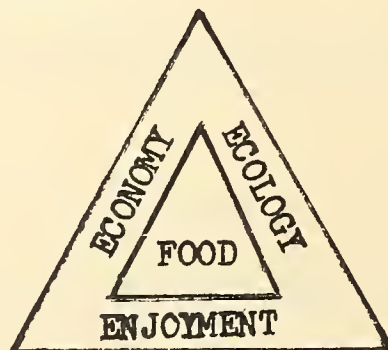
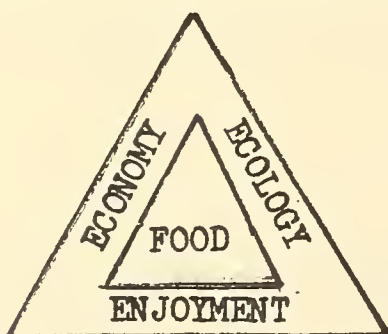
In this era of shortages, we must practice food ecology. Most of us in the U.S. overuse and abuse our food resources. How often do we serve ourselves or others more than we should (and can) consume? An article in the Schoolfood Service Journal, January 1975 recommends more personalized service as the student goes through the line. Perhaps this might be difficult to do but it can meet the Type A pattern and also prevent waste after lunch.

We can conserve our food resources in another way by eating lower on the food chain. This means using more plant proteins to replace expensive animal foods. We already have available textured vegetable protein, in a variety of forms, and fortified macaroni products. Work with student representatives to plan additional meatless meals. These can meet the Type A pattern, be appealing and economical, and accepted by the student body.

Food for economy can be extended to the home as well as in school. We could certainly spend less money on non-nutritious food items. (The high cost of sugar should have been some type of incentive!) At home and at school we could use fewer costly "convenience" foods.

Merchandize the Type A lunch with its inexpensive price not by additional and more expensive empty caloric sweets. Food for enjoyment does not mean that it must come in a brightly colored package, look "gooey," and taste sweet. Being healthy is enjoyable - and wholesome foods are delicious. Offer sweet potato, Danish or raisin bran muffins in your breakfast program and during snack bar time. Use carrots, prunes, and sweet potatoes in tested recipes for cakes and bars. Highlight these nutritious items during this week.

Cooperate with the students and faculty to publicize the 3 E's of National Nutrition Week. Not only will the E's represent ecology, economy, and enjoyment but also excellence in our school food service programs.



COMMODITIES EXPECTED TO BE AVAILABLE IN MARCH

Frozen Ground Beef	Peanut Butter
Frozen Chicken or Turkey	Macaroni, Elbow Hy-Pro
Rice	Spaghetti, Thin Hy Pro
Egg Mix	Cheese, Processed or Natural
Luncheon Meat	Milk, Instant Dried
Frozen Skinless Frankfurters	Canned Sweet Potatoes in Syrup

Shipping and purchasing difficulties may make some variation in the above list.

FROZEN GROUND BEEF

If by chance you feel that the USDA has been very generous with this food item, you are right. The full allocation has been received for Massachusetts. This amounts to 120 refrigerator cars or four million, six hundred pounds (4,600,000) having a value of \$3,128,000. We estimate this quantity will take care of your needs through April and maybe until school closes.

WINTER WEATHER - COMMODITIES

During the months of December, January, February, the commodity section tries to keep its eyes on the weather and get your orders to you either before old man winter has shown his wrath or after the storms when the roads are cleared. The warehouses that store our commodities and load the trucks do a good job in preventing the delay of your order. Because of bad weather, this is no easy task when railroad tracks, shipping platforms and roads must be kept clear of snow.

CANNED CHICKEN AND TURKEY

If when you are going to use either of the above items, we would like to suggest you look it over carefully to be certain it does not contain any small bones. One supervisor has reported that she found a bone in one of the cans. This is unusual, but in this age of automation and speed, this can happen.

HOME ECONOMIC CLASSES

Now that many of the foods that we have had available for years such as flour, corn meal, butter, etc. are no longer being purchased, there are many inquiries from teachers in the Home Economic classes asking when these foods will be available again. We wish a definite answer could be given, but this is impossible at this time.

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TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - A 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 tablespoon of butter or fortified margarine. This may be used as a spread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint.

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

* * * * *

REIMBURSEMENT RATES

New Reimbursement Rates effective January 1, 1975
to June 30, 1975:

School Lunch	
Paid	.1775
Reduced	.6025
Free	.7025
Breakfast	
Paid	.0925
Reduced	.2675
Free	.3250

Continued from page 5

BUTTER

A supervisor said to the writer "I didn't think I would live long enough to see the program without Government butter." These are also our sentiments. Looking back in our records I find that the last time we ran out of butter was the year 1960. Information from the USDA is to the effect that butter is in short supply and purchases are not anticipated.

COMMODITY VALUES

	<u>1973</u>	<u>1974</u>
September	\$585, 311	\$1, 434, 157
October	\$499, 201	\$2, 377, 414
November	\$466, 859	\$1, 672, 772

* * * * *

REDUCED PRICE MEALS

With the present rise in unemployment we strongly urge more communities to offer Reduced Price Meals in conjunction with the Free Milk and Free Meal programs. The economic picture should make it imperative for communities reluctant to offer the Reduced Price Meals to join those cities and towns who have made this program available to their residents since the policy's inception. There is no reason for persons who qualify for such meals not to obtain any or all assistance that is easily within their grasp especially since the funds are available and therefore should be used. To adopt the Reduced Price would provide an opportunity for thousands more children to have a low priced meal and assist families caught in the current squeeze. With the additional income from sales of reduced price meals and the reimbursements, the community would also benefit.

To date 72% of all Public Schools offer Free and Reduced Price Meals as do 66% of Parochial Schools and 39% of Private Schools. Let's make it 100%.

* * * * *

MEMO

Any school charging \$1.00 for teachers meals must collect a 5% meal tax.

PITTSFIELD PUBLIC SCHOOL SYSTEM

Where there is a will there is a way and Marilyn Wiley, School Lunch Supervisor for the Pittsfield Public Schools, has found a way to keep all her children supplied with nutritious lunches through an interesting combination of production and receiving kitchens. The menus used show a two week period for send out lunches, regular lunches and sandwich lunches (for the Junior-Senior High School). Using an assembly system (without the convenience of a conveyor belt) several thousand meals are hand packed at the Taconic High School for send out. The usual procedure is for the regular meal at the High School to be packed that day and shipped to the elementary schools early the next. The meals are divided into hot packs and their cold pack supplement. At times, changes are made from the High School menu depending on the holding life of certain foods under refrigeration. Also, some variations occur in order to accommodate the tastes of the younger children.

On the menu shown on page 9 the numbers next to the different sections of the send out meals are code numbers set up by Mrs. Wiley indicating to her staff which size and shape containers and trays to use. This assures an adequate supply of stock on hand to meet their needs.

* * * * *

FRUIT JUICE BEVERAGES

To clarify any confusion regarding fruit juice beverages we are again including the standards of identity for such drinks as established by the Food and Drug Administration. Also included are the quantities needed of each to meet the Type A lunch requirements.

"FRUIT JUICE" contains 100% full-strength fruit juice (at least 1/4 cup serving).

"NECTAR" contains at least 50% full-strength juice (a 1/2 cup serving).

"JUICE DRINK" contains 30% full-strength juice (at least 1 cup serving).

"ADE" contains 15% full-strength fruit juice (at least 1 3/4 cup serving).

"DRINK" contains 6% full-strength juice (at least 4 1/4 cup serving).

"FRUIT FLAVORED BEVERAGES" made from powders and syrups do not contribute to the Type A lunch requirements.

PITTSFIELD PUBLIC SCHOOLS

SEND OUT MENU

American Chop Suey Buttered Green Beans 6036 Sliced Peaches Cookie - Roll 9024	Chilled Orange Juice Ham Salad on Roll w/ Lettuce Celery - Carrot Stix Cookie 2 - 9023	NO SCHOOL	Beef&Bacon Patty on Roll Buttered Corn 6036 Ketchup Tossed Green Salad w/ Dressing Chocolate Topped Rolled Wheat Bar 9024	Meatloaf-Brown Gravy Whipped Potatoes Buttered Carrots 6036 Bread - Butter Peanut Butter Cake w/ Crunchy Topping 9023
Hot Dog on Roll Baked Beans 6046 Mustard Celery-Carrot Stix Frosted Midnight Cake 9023	Chilled Orange Juice Pizzaburger 6026 Tossed Green Salad w/ Dressing Peanut Butter Cookie 9024	Spaghetti/Meat Sauce Buttered Green Beans 6036 Assorted Fruit Frosted Gingerbread 9024	Chicken w/ Gravy Whipped Potatoes Buttered Peas 6036 Bread - Butter Midnight Chocolate Cake 9023	Crispy Fish French Fries 6046 Bread - Butter Cole Slaw Tartar Sauce Hermit w/ Raisins 9024

JUNIOR - SENIOR HIGH SCHOOL No. 1

Chilled Orange Juice Grinder on Roll (Bologna, Tomato, Cheese, Lettuce) Potato Chips Gingerbread w/ Topping	Beef&Bacon Patty on Roll Buttered Corn Tossed Green Salad w/ Dressing Chocolate Topped Rolled Wheat Bar	NO SCHOOL	Meatloaf-Brown Gravy Whipped Potatoes Buttered Carrots Roll - Butter Applesauce	Hot Dog on Roll Baked Beans Cabbage Carrot Salad Frosted Midnight Chocolate Cake
Chilled Orange Juice Pizzaburger Tossed Green Salad w/ Dressing Peanut Butter Cookie	Spaghetti/Meat Sauce Buttered Green Beans Roll - Butter Assorted Fruit	Chicken w/ Gravy Whipped Potatoes Buttered Peas Bread - Butter Strawberry Shortcake w/ Topping	Crispy Fish on Roll French Fries Cole Slaw Tartar Sauce Hermit w/ Raisins	Sloppy Joe on Roll Buttered Corn Carrot-Celery Stix Orange Frosted Harvest Cake

JUNIOR - SENIOR HIGH SCHOOL No. 2

Chilled Juice Ham Salad on Roll Potato Chips Celery - Carrot Stix Gingerbread w/Topping	Tomato Soup Bologna Sandwich Tossed Green Salad w/ Dressing Chocolate Topped Rolled Wheat Bar	NO SCHOOL	Chicken Noodle Soup Cheeseburger w/ Sliced Tomato Celery - Carrot Stix Applesauce	Chilled Cranapple Juice Grilled Cheese Sandwich Cabbage-Carrot Salad Frosted Midnight Chocolate Cake
Chilled Orange Juice Tuna Salad Sandwich Tossed Green Salad w/ Dressing Peanut Butter Cookie	Chicken Rice Soup Sliced Turkey Sandwich Carrot-Celery Stix Assorted Fruit	Vegetable Soup Bacon, Lettuce, Tomato Cheese Sandwich Strawberry Shortcake w/ Topping	Ham & Cheese Sandwich Cole Slaw Hermit w/ Raisins Fresh Apples	Chilled Orange Juice Peanut Butter & Jelly Sandwich Carrot-Celery Stix Orange Frosted Harvest Cake

1/2 pint milk served with all meals

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NOTICE

This Office does not endorse any brand names of food or equipment. Any company representatives making statements to the contrary have no authorization to do so and are in error.

PROTEIN FORTIFIED MACARONI

Ask any student what his/her favorite food is and nine times out of ten his/her answer will be a pasta product. Protein fortified pasta product is basically like the regular enriched pasta product, except that it contains nearly twice as much protein and is of a higher quality than the wheat protein in regular macaroni.

Acceptance of the enriched macaroni with fortified protein is equal to that of conventional macaroni. An expert can detect a difference in the shade of the dry product and in preparation characteristics, but the final product is highly comparable to the conventional pasta. Protein fortified pasta products are cooked the same as regular enriched pasta products. But do not overcook. The product, like many protein foods, will break down and become soft and mushy.

The use of protein fortified macaroni in the School Lunch Program was first authorized in 1971. One ounce of dry pasta product (1/2 cup to 3/4 cup cooked) may be used as a substitute of one ounce of protein food if served in combination with meat, poultry, fish, or cheese to meet the requirement.

In terms of nutritive value the fortified protein pasta product contains protein comparable in quality to the protein found in milk. In addition to this, the product is enriched and thus provides significant amounts of iron, calcium, and three B vitamins.

In terms of cost, using the product as specified saves 35% to 40% in comparison to an all meat preparation. An ounce of fortified macaroni plus an ounce of animal protein provides the same amount of protein as 2 ounces of fish, meat, poultry or cheese plus additional amounts of minerals and vitamins.

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Continued from Page 3

ment for a school if records of food transfers were not maintained.

MAN HOUR STUDY

Meals per man hour (M/M/H) should be computed to determine the productivity of staff. Productivity is not just production, it is efficient production. Labor has a tremendous impact on profitability of a program. Therefore, it behooves management to make the most productive use of labor. If worker efficiency is low, it is the fault of management. A worker fails to produce if management fails to give proper planning in advance of the work.

Records are an invaluable management tool. How they are used is very important. Good management can probably do a mediocre job with little or no records. Mediocre management and good management alike can unquestionably achieve better results by making wise use of adequate, well maintained, purposeful records.

CONTRIBUTION TOWARD MEAL PATTERN

Following is a letter from USDA Food and Nutrition Services concerning "Determination of the Contribution of Industry Products Toward Meeting CND Requirements:"

"Since the inception of the National School Lunch Program, FNS has provided schools with information concerning the contribution of food products to CND meal requirements. Food processors have also requested that FNS review their product formulations to verify the contribution of their product to CND meal requirements. With the advent of combination and prepared foods, formulated foods such as textured vegetable protein and new food processing techniques, the identification of the quantity of a specific food category within a given product has become complex.

Although FNS has regulatory authority to withdraw reimbursement for meals that do not meet CND regulations, it does not have regulatory authority for: (a) product formulation; (b) product monitoring; (c) withdrawal of products from the market; and (d) arbitration between competitive industries concerning false claims. Therefore, FNS is terminating product evaluation activities. Although it is recognized that product contribution data are necessary to maintain the nutritional integrity of the CNP Programs, it is anticipated that industry can be relied upon to make accurate claims. FNS will assist the food industry in this endeavor by providing specific directions concerning program regulations, CND meal requirements, and guidelines for developing products designed to meet meal requirements.

Beginning immediately FNS will implement the following procedures:

1. Develop basic industry guidelines relating CND meal requirements to product contribution, including specific examples to assist industry in providing accurate data regarding their food products.
2. Develop suggested label formats for industry use in reporting product contribution.
3. Conduct seminars, if necessary, to explain these guidelines and CND meal requirements to industry.
4. Continue to collect and incorporate data for products which have a Standard of Identity or yield data available from ARS into the 'Food Buying Guide for Type A School Lunches.'
5. Continue to provide a list of acceptable products that meet alternate food specifications (formulated grain-fruit products, textured vegetable protein, cheese alternates, enriched macaroni with fortified protein) or specific product guidelines currently established by FNS (pizza).

Continued from page 11

6. Continue to review product concepts that have been evaluated to date in order to maintain equity among industries. Industry will be given verbal product review and guidance by FNS. However, FNS will discontinue the practice of providing either the manufacturer or school food service personnel with a written statement verifying the contribution of the product to meal requirements.

We wish to stress that we are taking a firm position in implementing this policy to discontinue written certification of the contribution of specific industry products to CND meal requirements. "

Schools should request a written statement from companies guaranteeing the specific amount their products contribute toward meeting the Type A Meal requirements and that these companies will stand behind that claim to the extent that they will compensate for any loss of reimbursement if such claim is found to be false.

* * * * *

SANITARILY INSPECTED FISH ESTABLISHMENTS

We have received a list from the United States Department of Commerce entitled "Approved List - Sanitarily Inspected Fish Establishments" the purpose of which is to aid seafood purchasers/users in determining sources of fishery products that have been produced in processing establishments which have been sanitarily inspected, approved, and certified by the Department of Commerce. This list is divided into two parts, described as follows:

Part I - Lists those official establishments producing fishery products for human consumption which meet and maintain a satisfactory sanitation rating in accordance with the U. S. Department of Commerce "Interim Sanitation Standard for Fishery Product Processing Establishments." The plants listed are under contract with the U.S. Department of Commerce for this service.

Part II - Lists those official establishments producing fishery products for human consumption which meet and maintain a satisfactory sanitation rating in accordance with the aforementioned Sanitation Standard, and, in addition, fishery products processed in these establishments under Federal inspection on a contract basis are also listed. The fishery products are listed by category, brand name, package size, type of inspection mark, and processing establishment.

If you have any questions in reference to this list please contact this Office.

CHEESY FRANKFURTER CROQUETTES WITH MUSTARD SAUCE

<u>Ingredients</u>	<u>Amount</u>
Onions	2 lb.
Frankfurters	8 lb.
Dry eggs, reconst.	3 1/4 c. egg + 3 1/4 c water
Cooked rice	24 lb (8 lb. uncooked)
Cheese, grated	4 lb.
Salt	2 3/4 oz.
Pepper	4 tsp.
Water	3 c.
Dry toasted bread crumbs	1 1/4 gal.
Oil or fat, melted	
Salad dressing	3 qt.
Evaporated milk	4 lb. 8 oz.
Lemon juice	1 c.
Prepared mustard	3 c.

Directions

- 1) Grind onions and frankfurters, using medium blade.
- 2) Add ground mixture, rice, cheese, salt, and pepper, to 1/2 the egg mixture; mix thoroughly.
- 3) Portion with #12 scoop (1/3 c.). Form into 200 croquettes.
- 4) Roll each croquette in crumbs, then in the remaining egg mixture, and again in crumbs. After rolling in egg and crumbs roll in oil or fat.
- 5) Place on baking sheet and bake at 450⁰ for 20 minutes.
- 6) Combine salad dressing, milk, lemon juice, and prepared mustard. Heat over boiling water. Serve over hot croquettes.

PORTION: 2 croquettes and 3 tbsp. sauce provides the equivalent of 2 oz. protein rich food.

RETIREMENT

Mr. Arthur Burke, who has held the position of Junior Accountant and has been in charge of claims for Worcester and Essex counties, retired this January having been with this Office for the past 14 years.

A dinner was held in his honor at Nick's Restaurant. Although all his friends and co-workers will miss him, we wish him a happy and very pleasant retirement.

WINTER FIESTA PLATE

<u>Ingredients</u>	<u>Amount</u>
Hi-protein macaroni, uncooked	4 lb. 8 oz.
Turkey broth	1 1/2 gal.
Cooked tomatoes	2 qt.
Tomato paste	6 oz. (2/3 c.)
Chopped onion	12 oz. (2 c. lightly packed)
Minced green pepper	2 t.
Butter or margarine	1 lb. 8 oz. (3 c.)
All purpose flour	1 lb. 8 oz. (1 1/2 qt. sifted)
Salt	1 T.
Cooked turkey, coarsely chopped	8 lb.
Fine, dry crumbs mixed with butter or margarine	2 c

Directions

- 1) Cook macaroni in boiling salted water until tender. Drain.
- 2) Mix broth, tomatoes, tomato paste, onion, and green pepper.
- 3) Melt butter or margarine. Blend in flour and salt. Add to broth mixture. Cook until thickened.
- 4) Add the turkey and macaroni.
- 5) Put into greased baking pans and top with crumbs.
- 6) Bake at 350° F. for 1 hour

Four 16 1/2 by 10 1/2 inch pans.

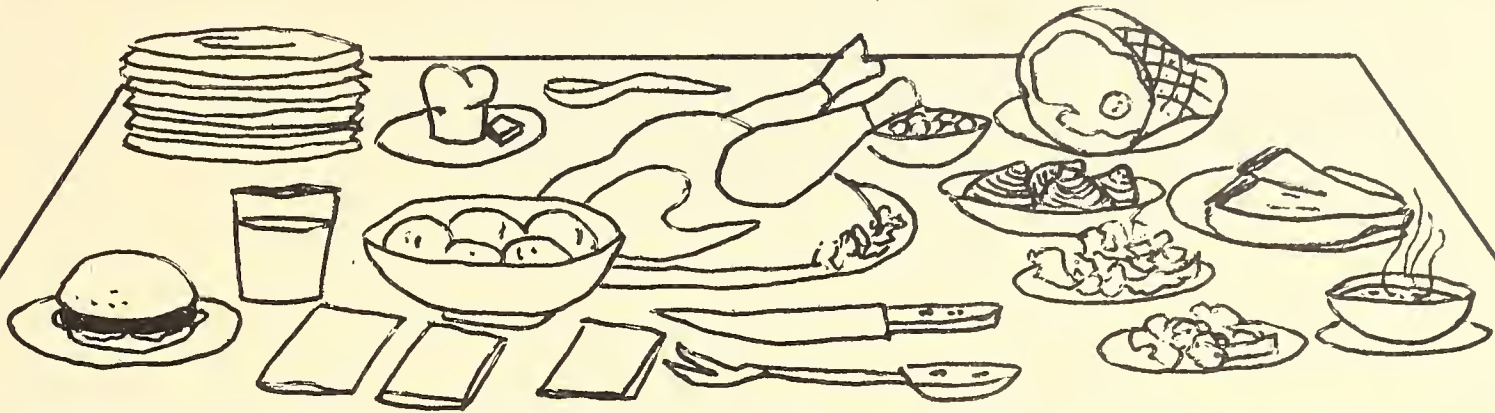
1-6 ounce portion = 2 ounces of protein rich food

MILK CLAIM

Public Law 93-150, approved November 7, 1973, made children who were eligible for free meals eligible for free milk as well.

Reimbursement at a rate equal to cost per half pint shall be limited to one half pint per needy child in a school with a food service and two half pints per child per day in pricing programs which do not provide a food service. The additional milk served to needy children should be reported on the FP6, Line 16. Line 21 of the same form should be used to compute the reimbursement due - total milk served to needy children times cost of milk rounded to 1/4 of a cent; and milk served to students under the special milk program times 5 cents. The two added together will be entered on Line 22. If milk is purchased at more than one price, the average cost (i.e. the total cost of all milk purchased during the month divided by the number of half pints purchased) shall be used.

SMORGASBORD MAINDISH PUZZLE



FOR BIGGER MUSCLES AND CLEARER SKIN, YOU NEED PROTEINS, VITAMINS AND MINERALS!!!!

ACROSS

1. Ground up beef
3. A white liquid to drink
5. An animal like an oyster that lives in sand
6. A starchy vegetable that grows underground (pl.)
9. A delicious slice of beef to fry or bar-b-que

DOWN

1. Smoked meat from a hog
2. Bread baked in a small shaped piece
4. Green leafy vegetable
6. Small round green vegetables in a pod
7. Large bird like a chicken, usually eaten at Thanksgiving
8. Hot liquid food containing vegetables and meat

DOWN
1. Ham
2. Roll
4. Lettuce
6. Peas
7. Turkey
8. Soup

ACROSS
1. Hamburger
3. Milk
5. Clam
6. Potatoes
9. Steak

TAKEN FROM ALASKA NEWSLETTER



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Department of Education

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MSFSA Notes



While we at school are planning attractive nutritious meals to celebrate the special days in February, we also are busy projecting for the Association's Annual Meeting to be held Saturday, April 26, 1975 at the Greater Lowell Region Vocational School, Perry Street, Lowell, Ma.

Mr. Anthony Mangifesti, Director of School Food Services will be in charge of the luncheon, and Shirlie Kristenson and her committee are making plans for the program.

This annual event involves the meeting of the House of Delegates, installation of officers, awarding of 20 year certificates and pins, and a speaker for the afternoon session. Tony, Shirlie, and their committees are working hard to provide you with an interesting day. Will you give some thought to the type of message you would like from the speaker and forward your suggestions to me.

It is not too early to become involved in your association by recommending names for delegates-elect and incoming officers. Please send your suggestions to John Tenney, nominating chairman, P.O. Box 71, Monson, Ma. 01057.

Just a reminder--Send in the names of 20 year workers, denoting membership, and also your applications for scholarships.

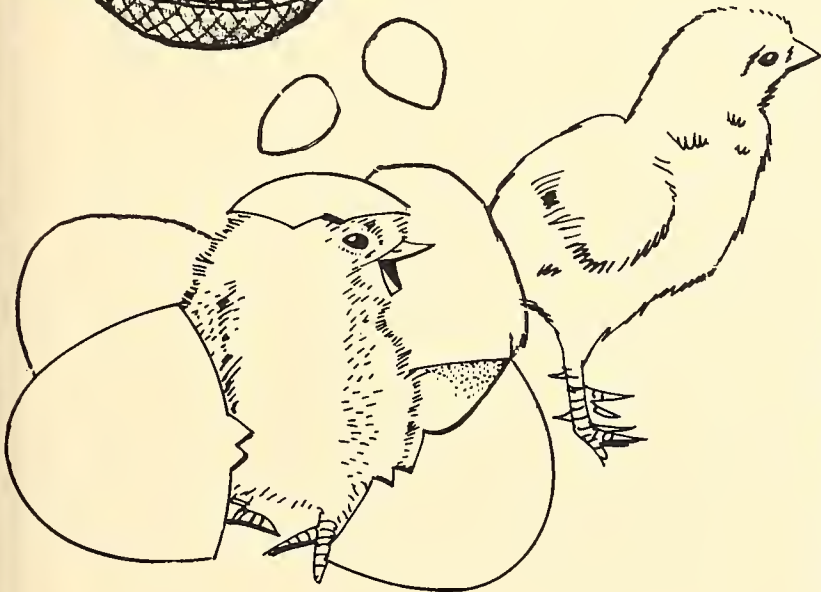
Mrs. Shirlie Kristenson
42 Hawthorne St.
Westwood, Ma. 02090

Let us make this an active, productive year. The friendship of those we serve is the foundation of our progress.

Shirlie Kristenson
MSFSA PUBLIC RELATIONS

MARCH 1975

NUTRITION EDUCATION and SCHOOL FOOD SERVICES *Newsletter*



A MONTHLY REPORT

IDEAS DEVELOPMENTS ...

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INFLATION
AND YOUR
SCHOOL LUNCH PROGRAM

University of Massachusetts

In a school food service such things as prices and wages are out of your hands. Being a part of today's economically troubled world such things as fuel costs and food prices are out of your hands. It is imperative, then, that those resources within your control be used to their fullest. Since September we have been stressing efficiency and effectiveness in the management of your

program. Putting these management practices to practical use are your means of helping to beat inflation and to conserve energy.

The basic components of good management are also the basics of sound cost controls. Are they being used wisely? Through purchasing you receive the highest quality food for the lowest possible price with the best service. Menu planning is, in a sense, your financial and nutritional calendar. The menu is set for a certain period of time with close scrutiny kept on precosting, portion control, participation, and plate waste. A balance is established between high-cost and low cost menus. Standardized recipes are used to insure exact yield and quality of the menu. Likewise, exact yield and quality of production from your staff is realized through utilization of work schedules. Duties are accomplished quickly, efficiently, in an organized manner with the proper equipment. All goods and supplies are properly stored with inventories kept up-to-date and accurate (as are all other records).

With these "tools" used as suggested in the newsletter over the past few months you are more prepared and able to cope with and fight the current economic squeeze.

But what about further actions you can take to help ease the struggle? Savings can be realized through offering to all those eligible reduced-priced meals. Take advantage of the benefits available from the Federal government. The charge for these meals shall be no

more than 20 cents. Schools serving reduced-price meals receive the following:

11.75 cents general cash assistance

42.50 cents special cash assistance

06.00 cents state cash assistance

10.00 cents commodity value contributed

20.00 cents paid by the student

90.25 Total

For a free lunch schools receive the following:

11.75 cents general cash assistance

52.50 cents special cash assistance

06.00 cents state cash assistance

10.00 cents commodity value contributed

80.25 Total

Look into your a la carte items. Are they generating sufficient profit? An increase on such items could be warranted. A deciding factor for such a step would be the cost of production. Check all figures involved in preparing these offerings to see if they are accurate. Higher a la carte prices may switch some students over to the Type A lunch - a better buy nutritionally and financially. The charge for adult meals should be reviewed and adjusted, accordingly. Be realistic in your pricing policy.

Satelliting to older schools that do not have adequate facilities or the schools that have a small enrollment can result in substantial savings.

Cost of labor figures should be accurate and up-to-date in order to show that number of meals served is in balance with the cost. The labor cost per meal is determined by dividing the total of all food service salaries paid in a given period by the number of meals served in that same period.

In addition to labor costs for cooks and helpers, extend costs for meal preparation to cover such personnel as cashiers, food service directors, office and account clerks, and warehouse and delivery men. Labor costs should also include the value of lunches earned by adults and children and fixed charges such as the fringe benefits of retirement and health insurance. Those costs should be included in the total labor cost.

COMMODITIES EXPECTED TO BE AVAILABLE IN APRIL

Frozen Ground Beef
 Frozen Frankfurters
 Processed Cheese
 Cooked Turkey Rolls
 Egg Mix
 Luncheon Meat

Cnd. Beef and Natural Juices
 Macaroni, Elbow Hy Pro
 Spaghetti, Thin Hy Pro
 Milk, Instant
 Butter, Print
 Orange Juice or Grapefruit Juice

Shipping and purchasing difficulties may make some variation in the above list.

SURVEY ON BEEF PATTIES AND CONCENTRATED ORANGE JUICE

As we go to press there haven't been enough of the survey forms returned so that a determination can be made on whether or not we should contract

Concentrated orange juice is not available at this time, but it is a general feeling because of a better than average orange crop that the concentrate will be purchased. If we did contract for the 4 oz. cup, you would still have a choice of either. We know many schools prefer to reconstitute their own and save the processing cost.

If a contract is entered into to have precooked patties made from the ground beef, you would have a choice of the patties or the ground beef or a portion of each provided the total amount requested did not exceed the total amount of ground beef you were entitled to. Present indications are that these precooked patties will be available to you for under thirty cents per pound rather than the thirty seven cents mentioned on the survey form.

ATTENTION: BUTTER

Last month in the Newsletter, we gave you the bad news in advising our butter supply would be exhausted in February and that no purchases were anticipated.

Well the good news is that a telephone call was received from USDA and we have been allocated 23 cars of butter for delivery in March and April. Unofficially we understand that there will be ample butter after April.

Can't promise butter for March, but definitely for April.

Cont'd on Page 10

STAFF OF LIFE

FOOD DAY IS COMING

Food Day, April 17, 1975, is a national day for action on the world food crisis. The purpose of this day is to sharpen our awareness of the world food situation and to form commitments for three major areas of concern.

- * DECLINING QUALITY OF THE AMERICAN DIET. There are many factors that have influenced the changing quality of our diet as evidenced in the increased consumption of sugar-rich and fatty foods. This modern diet contributes to many health problems such as obesity, tooth decay, heart disease, and diabetes. These diseases cost us billions of dollars every year and might be avoidable with better eating habits.
- * RISING FOOD PRICES. Food prices have increased almost 70% since 1967. During 1974 alone, they increased over 12 percent! Consider how this factor has affected your school food service program as well as your food bill at home.
- * WORLD FOOD SHORTAGE. Every day one-half of the people in the world go to bed hungry. Each week 10,000 people die from starvation! (How many children do you have in your schools?) Even those who survive may suffer from permanent mental and physical retardation.

How can we in the United States help? What could you do at home and in your school cafeteria? First, we must take a close look at our present food service and eating habits.

In last month's newsletter, we discussed the more expensive, non-nutritious food items that are offered as a la carte items. Remember, too, that our 1969 Bureau survey showed that almost 80 percent of our students are eating too many concentrated sweets. Are some of the foods you offer on these lines encouraging a sweet tooth in the children? Could you merchandize on more wholesome foods?

Rising food prices certainly have "walloped" school food service operations! We are caught in a pinch between what we can purchase and what the children can afford (and will accept). But, we can make better use of commodities and seasonal produce. We can reduce waste in our kitchens and cafeterias with good purchasing procedures and "tender, loving care" to food preparation and service.

If we make some changes in our style of eating, perhaps we can help to alleviate some of the world food shortage. We Americans do like our "meat and potatoes." Much of the world population must depend upon grains for their protein (and calorie) supply. If we cut our meat consumption by one-tenth, the savings in grain used to feed cattle could feed many of the starving people in developing countries. Could we make more use of TVP

(textured-vegetable protein)? Could we serve more meatless meals but still meet the TYPE A pattern?

Of course, to make changes successfully, you must have the support of the students and teachers. FOOD DAY is one way to motivate teacher-student interest. We have publicity releases for elementary school teachers, secondary school teachers, and for student advisory councils. Promote and/or cooperate with a meatless meal to be featured on Food Day.

Join us at the Spring Workshop when we will present ECLECTRIC NUTRITION ENERGIZERS. We will supply menus and recipes for FOOD DAY, and ideas for initiating a Nutrition-Food Service Advisory Council.

Although every day is Food Day in your cafeteria, mark April 17 for NATIONAL FOOD DAY. No effort is too small. Many small efforts throughout the State and Nation can "snowball" to make a real impact for an effective FOOD DAY.

* * * * *

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 ounces (edible portion as served) of lean meat, poultry, or fish; or 2 ounces of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - A 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

WEEK	2				MONDAY	TUESDAY	WEDNESDAY
	1	2	3	4			
Tomato Soup/Crackers Thin Sliced Ham Sandwich Macaroni & Cheese Casserole Green Beans Carrot Cake w/ Frosting or Onion Soup/Crackers Open-Faced Meatloaf Sandwich w/ Gravy Green Beans Fruit Crisp	Orange Juice Spaghetti/Meat Sauce Green Salad French Bread w/ Margarine Dutch Apple Cake or Orange Juice Grilled Cheese Sandwich Green Salad Funny Fudge Pudding	Salisbury Steak Whipped Potato w/ Gravy Whole Kernel Corn Dinner Rolls w/ Butter Frosted Chocolate Cake or Baked Sausage Whipped Potato w/ Gravy Whole Kernel Corn Dinner Rolls w/ Butter Peach Fluff Pudding	Orange Juice Pig-in-a-Blanket Scalloped Potato Green Beans Wakefield Brownie or Orange Juice Meatloaf Scalloped Potato Green Beans Dinner Rolls w/ Butter Peach Shortcake				
Pig-in-a-Blanket Whipped Potato Pennied Carrots Cherry Square or Braised Hamburg w/ Gravy Whipped Potato Pennied Carrots Dinner Rolls w/ Margarine Princess Peach Pudding	Open-Faced Turkey Sandwich w/ Gravy Whipped Potato Pennied Carrots Cranberry Sauce Whoopie Pie or Bacon, Lettuce, Tomato Sandwich Cheese Strip Pennied Carrots Fruited Jello w/ Topping	Fruit Juice Spaghetti/Meat Sauce Green Beans French Bread w/ Butter Apple Pie or Fruit Juice Baked Chicken w/ Bread Dressing Green Beans French Bread/Butter Orange Pudding Cake	Submarine Grinder Potato Salad Buttered Peas Gingerbread or Meatball Stew w/ Vegetables Buttered Peas French Bread w/ Butter Date Bars				
Orange Juice Baked Chicken w/ Bread Dressing Fresh Butternut Squash French Bread w/ Margarine Blueberry Buckle or French Bread w/ Margarine Blueberry Buckle	Footlong Frankfurter Baked Beans Fruit Salad Gingerbread w/ Topping or Fish Cakes w/ Tartar Sauce	Baconburgers w/ Lettuce Seasoned Peas Applesauce Toll House Squares or Braised Beef w/ Gravy on Noodles	Turkey Turnover Whipped Potato w/ Gravy Buttered Spinach Fruit Bread w/ Butter Peanutbutter Cake or Peanutbutter Cake				

Seasoned Peas French Bread w/ Margarine Cheese Cake	Hamburger on Roll Onion Rice Whole Kernel Corn Pickled Beets Toll House Squares or Veal Cutlet w/ Creole Sauce Onion Rice Whole Kernel Corn Pickled Beets Orange Pudding Cake	Vegetable Soup Cheeseburger on Roll Potato Chips Green Beans Frosted Applesauce Cake or Vegetable Soup Egg Salad Roll Potato Chips Green Beans Assorted Fresh Fruit	Orange Juice Tomato Cheese Pizza Potato Chips Tossed Salad Boston Cream Pie or Orange Juice Corned Beef Sandwich Potato Chips Tossed Salad Chocolate Pudding	Butter Tapioca Pudding	THURSDAY
Fried Clam Roll French Fries Cole Slaw Peanutbutter Apple- sauce Cake or Chicken Salad Roll French Fries Cole Slaw Bread w/ Margarine Lemon Chiffon Pie	Fruit Juice Sloppy Joe Potato Salad Peas Rolled Wheat Bars or Fruit Juice Tuna Noodle Casserole Peas Rolls w/ Margarine Chilled Fruit	Fish in a Roll Baked Beans Cole Slaw Lemon Cake or Barbequed Frank- furters w/ Roll Baked Beans Cole Salw Creamy Rice Pudding	Cheeseburger French Fries Cole Slaw Valentine Cake or Tuna Salad Roll French Fries Cole Slaw Rolls w/ Butter Bavarian Squares	Cheeseburger French Fries Cole Slaw Valentine Cake or Tuna Salad Roll French Fries Cole Slaw Rolls w/ Butter Bavarian Squares	FRIDAY

DIGHTON - REHOBOTH
REGIONAL HIGH SCHOOL

MENUS



Fruit Salad Plate
served every day

Milk served with each
meal

PARTICIPATION

Think positive and see your participation increase. Just like the weather affects how you feel, your attitude toward your job and your program affects not only you but your participation as well. Indifference on your part produces indifference from the students toward the Type A lunch. Take pride in the job you are doing - do it efficiently and well and you will see the line of customers grow and grow.

Generate enthusiasm for the program. Make the meals as attractive as possible. The food should be well displayed, and easily accessible to the students. Solicit menu suggestions from your customers; invent enticing names for your creations; add variety running a second choice such as salad plates or soup and sandwich; emphasize the nutritional benefits of eating the Type A lunch. You have a product to sell and customers to please so make it inviting and make it good.

* * * * *

Cont'd from Page 2

Determine the labor cost of a la carte items. One method is to set a predetermined amount of money to be obtained from a la carte sales for each hour of labor involved.

Once a la carte cost is determined, labor cost per meal can then be computed with the following formula:

$$\frac{\text{Total labor cost - a la carte labor cost}}{\text{Number meals served}} = \text{Labor cost per meal}$$

This labor cost is controlled by the number of meals served.

Compare cost, preparation time, and yield between canned or frozen foods and fresh, or school baked breads and purchased. Use convenience foods judiciously putting time gained one day into preparation of meals for the next. Choose materials that are feasible for that given day keeping in mind what has to be accomplished in the future. Whichever system you decide upon foremost consideration is to be given to maintaining the nutritional standards of the Type A meal. Regardless of how much time and labor is saved nothing is gained if the end product lacks the quality expected from a kitchen in the School Lunch Program.

REMINDER

Only those children eligible for Free Meals are entitled to an extra milk. This benefit does not extend to children under the Reduced-Price Meals policy.

CHEESE SUBSTITUTES

"Tangy Loaf Cheese Substitute" manufactured by Cheese Corporation of America, Inc., of Lawrence, Massachusetts, has been approved as a cheese alternate product by USDA and may be used toward meeting the meat/meat alternate requirement of the Type I pattern. Another item from Cheese Corporation of America, Inc., "Tangy Pizza Topping" made with the above cheese alternate as an ingredient has also been approved for use in the National School Lunch Program and Special Food Service Program for children.

* * * * *

THERE IS A TIME AND A PLACE FOR EVERYTHING

Have you ever tossed a salad and noticed it sparkled just a little too much. Then you reached in and scooped out a rhinestone, hairnet glitter or even nail polish chips. These garnishes aren't in any recipe.

A hairnet should always be used. It should cover the entire head and not contain any glitter that could fall into the food. Hair spray, also, does not belong in the kitchen. It wears off in the heat and is inflammable and, therefore, hazardous. Make-up should be simple and plain. This means no nail polish because it often cracks and chips adding unwanted ingredients in the food. Jewelry, too, should be plain and simple -- no fancy rings, earrings, sweater clips, bracelets, brooches, necklaces, or handkerchiefs trimmed with beads, rhinestones or other pieces of pasted jewelry.

Your uniform and apron should be clean and pressed. Stockings should always be worn both for appearance and sanitary reasons. Select sturdy, comfortable shoes. They'll make you feel better and help avoid unnecessary accidents. Hands and nails should be kept clean, wash well with soap and hot water before beginning work, after using the toilet, after sneezing, coughing, blowing your nose, after touching your hair or face, and any other time they may get soiled. Use the hand sink for washing and not the facilities used for food preparation. Smoking is not allowed near the kitchen equipment or during the preparation, cooking, and serving of food.

Anyone with a cold, dysentery, a boil, or an infected cut or burn should not prepare or serve food. To avoid spreading germs do not use a glass, cup, or silverware that someone else has used. Don't drape a dish towel over your shoulder or use it to wipe your hands. Remember there is a time and a place for everything.

THE PEAR FACTS

Pears, like bananas, are one of the fruits that don't ripen on trees. They are picked when the pear has reached the stage of maturity which will insure the proper completion of the ripening process.

Cont'd from page 3

CONTRACTS

If you have entered into an agreement with a meat company to make your ground beef into patties, then be sure it is a written contract and it specifies the number of patties by weight that will be returned for each 55 pound case of ground beef given for processing. Contract should also state that only the government beef will be used, no substituting of the dealer's product. Please send this Office a copy of the contract.

COMMODITY VALUE

	<u>1973 - 74</u>	<u>1974 - 75</u>
Sept.	\$585,317	\$1,434.157
Oct.	\$499,201	\$2,377.414
Nov.	\$466,859	\$1,672,772
Dec.	\$859,893	\$1,597,720

* * * * *

Peanut Butter Cookies with Corn Syrup

Yield: 700 cookies

Step 1

3 1/2# granulated sugar
 3 1/2# corn syrup
 2 oz. salt
 1/4 oz. sugar substitute (for "sweeter" taste - may be omitted)
 10# butter or shortening

Step 2

1 1/4 qts. reconstituted dry eggs
 2 oz. vanilla
 1 #10 can peanut butter

Step 3

7 1/2# all purpose flour
 7 1/2# bread flour
 1 oz. baking soda
 1 oz. baking powder

Directions:

Mix ingredients together step by step and continue to mix until well blended. Portion batter with a No. 40 scoop placing 35 cookies per 18" x 26" sheet pan. Fills 20 pans.

George D. Cole - Food Services Coordinator - Quincy Public Schools

CHOCOLATE PUDDING

The following recipe is divided into two steps. The first includes the ingredients of a dry mix to make 1000 servings. This dry mix is divided into 10 separate bags each containing the necessary dry mix for 100 servings. The contents of each bag is mixed with the bottom ingredients to make the Pudding.

DRY MIXTURE

W/Sugar		W/Corn Syrup
15# 12 oz.	Corn Starch	15# 12 oz.
45#	Sugar	3# 1/8 oz.
9 oz.	Salt	9 oz.
5# 4 oz.	Dry Egg	5# 4 oz.
7# 14 oz.	Dry Milk	7# 14 oz.
8#	Cocoa	8#

Divide dry ingredients into 10 plastic bags. Dry mix per bag (100 servings) for Pudding made with Sugar weighs 8# 4 oz. Each bag for recipe made with Corn Syrup weighs 4# 3/4 oz.

W/Sugar	Mix 1 bag of Dry Mix	W/Corn Syrup
1/2 cup Vanilla	with	1/2 cup Vanilla
10 qts. Water		2 gal. water
1# Butter		1# Butter
		4 pts. Corn Syrup

Cook until thick and creamy, stirring constantly.

Mr. Robert Thorburn- Manager - Concord Schools Bakery

SOME TIPS FOR THE ENERGY CONSCIOUS

- Pre-heat ovens, steamers and steam tables only the necessary length of time.
- Schedule use of ovens so that foods at lower temperatures are cooked first.
- Take advantage of stored heat.
- Use full loads in dishwasher - turn off when not in use.
- Minimize the use of hot plate on range.
- Turn off mixer and attachments when not in use. Be careful not to over beat when creaming and whipping foods.
- Turn off fans when not in use, including the hood fan.
- Close doors while in walk-in.
- Defrost frequently so there is no excess frost build-up.
- Turn on lights in store rooms and refrigerators only when necessary.



COMMONWEALTH OF MASSACHUSETTS

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Bureau of Nutrition Education
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MSFSA Notes



ANNUAL MEETING
SATURDAY
APRIL 26, 1975
GREATER LOWELL REGION
VOCATIONAL SCHOOL

VOTING FOR MSFSA
VOTING FOR ASFSFA
IN
MARCH

SPRING WORKSHOP
BRIDGEWATER STATE
COLLEGE
APRIL 1, 1975

BE A DOER

SPRING WORKSHOP
FITCHBURG STATE
COLLEGE
APRIL 2, 1975

PLAN
TO
ATTEND

Shirley Kristenson
MSFSA Public Relations

APRIL 1975

NUTRITION EDUCATION and SCHOOL FOOD SERVICES *Newsletter*

A MONTHLY REPORT

IDEAS DEVELOPMENTSTRENDS

CAN YOU - THE SUPERVISOR - BE REPLACED?

There is nothing as disturbing to most management people as the thought of someone else doing his or her job, yet the facts are that no one is indispensable, no one continues working forever, and no one is immune from a sudden, warning-less absence from work. The transition of duties when retirement or pre-planned absence occurs can often be handled smoothly but the emergency replacement problem is too often needlessly costly in confusion, mistakes and perhaps late claims and reports. As professional supervisors or managers isn't this the time (if up until this time you have made no plans for your own absence) that you work out contingency plans for your program's smooth operation should you be absent for any unexpected reason? We will try to help by suggesting a few ways this could be planned.

At the outset we are going to assume that the largest city programs are now operating with supportives or assisting professional supervisory personnel and that these assistants have been instructed and trained in all responsibilities so that with the supervisor absent all still functions in an orderly way. In smaller programs however, where lunch programs are supervised primarily by one person, there must be developed a replacement plan covering all duties and responsibilities of that key person.

Suggested steps to planning for your own substitute supervisor (not listed in order of importance nor necessarily an all-inclusive listing) might be the following:

- 1) Making a summary of your general responsibilities and duties, and placing this summary in a readily noted folder in your desk.
- 2) Dividing the general duties into specific, detailed lists of activities. These specific duties should be grouped or identified with a time factor - i.e. if done monthly, weekly, daily, etc. This time factor should have as much detail as possible - such as "Payroll data sent each Friday by 1:30 PM to Business Manager's Office".

- 3) Noting the personnel among staff who do supportive work needed to accomplish Supervisor's work. Example: If you show "Ordering Commodities" on your general duty list perhaps you also must provide detail such as "Individual school managers shall send their end of month commodity inventory to Supervisor's office the last day of month".
- 4) Clearly noting in your office the location of all supervisory paperwork (records and reports, etc.). File cabinets and drawers should be organized and clearly labeled for content. Folders within cabinet drawers should be clearly identified - not with vague terms like "State Forms" but with specific titles like "Claims, FP6 (Lunch, Milk); Claims, Breakfast Program; Claims, Elderly Feeding" etc.
- 5) Noting (and perhaps posting on office wall or tackboard near the telephone) the persons most frequently called and telephone number for each.
- 6) Noting and describing the purchasing system for food and supplies. An index to suppliers should be developed to give maximum data such as:

Wholesale Grocers a) ABC Grocers - Tel _____
order by direct call to Mr. Larson
Tuesday AM
b) DEF Grocers - Tel _____
Rep. J. B. Brown comes Tuesday
8:30 - 9:00

Similar data should be listed for meat, produce, bakery, dairy companies, and for suppliers of paper products, cleaning supplies, and the like. The index could be designed to show other information such as the time period orders should cover, time of day deliveries would be accepted; special arrangements such as agreement to have perishables placed in coolers and freezers and other products in stock-room, and name of company staff to call if there is an error in shipment, in billing or other problems.

- 7) Composing a roster of employee staffing in each operating unit to show names, positions assigned, and hours of work. An additional list of approved substitutes to fill in for regular staff absences should also be available, preferably

BROCKTON SATELLITE FEEDING

Brockton's School Food Service Program is unique in many ways not the least of which is their approach to feeding students in their many satellite schools.

Miss Georgia Schlepegrell, Brockton's very capable School Food Service Director, initiated their satellite feeding program in 1970 and had reached all schools by the fall of 1972.

What makes Brockton's satellite program unusual is the fact that rather than purchasing the meals from one vendor, Brockton buys from three different companies.

"This offers many advantages", explains Miss Schlepegrell, "When you are locked into buying from one company you have to take what they want to give. Purchasing from three companies provides a greater selection from which to develop your menus." This variety in menu items has resulted in greater participation for Brockton's Satellite Program. Dealing with three vendors instead of one also results in better service. "The three purveyors realize they must be competitive in all areas not just price," reports Miss Schlepegrell. They have cooperated with her in developing specialty items she requested. These include tuna roll with cheese cube, hot dagwood sandwich (2 meats and cheese on a sub roll), and the very popular hot pastrami and cheese. The dagwood and pastrami are individually packaged in an ovenproof bag.

Another advantage of utilizing more than one purveyor occurs when a delivery can not be made, an alternate purveyor can be called to rush in an order.

Brockton is currently producing better than half of the cold packs for their twenty satellite schools. Mrs. Charlotte Nihan, Supervisor of the Commissary, is looking forward to April when the commissary is scheduled to move from very cramped quarters at the Ashfield School to a newly built commissary at the High School. "It is amazing the number of cold packs these girls prepare in this small kitchen," Mrs. Nihan proudly relates.

Mrs. Ellen Tisdale, Satellite Food Service Supervisor, is also happy to see the change coming. "With the new commissary we will be able to make all of the cold packs (approximately 5000 per day) and I'm betting our participation will increase", reports Mrs. Tisdale. Current participation in the eleven schools being served Brockton's own cold pack is 80%. This is higher than an overall satellite participation factor of 63%.

One reason why the students prefer the lunch with Brockton's cold pack is the greater variety. Brockton serves salads and cole slaw which is impossible in the frozen cold packs produced by the vendors.

COMMODITIES EXPECTED TO BE AVAILABLE IN MAY

Frozen Ground Beef
Cheddar Cheese
Processed Cheese
Frozen French Fries
Egg Mix
Luncheon Meat
Frozen Chicken

Macaroni, Hy Pro
Spaghetti, Hy Pro
Milk, Instant
Butter, Print
Peanut Butter
Orange Juice Concentrate
Orange Juice 12/3

Shipping and purchasing difficulties may make some variation in the above list.

RESULTS OF SURVEYS

ORANGE JUICE

Schools responding to our questionnaire regarding the processing of concentrate into 4 ounce cups indicated that in this state they could use 8700 cases per month, each case containing 72-4 oz. frozen cups of juice. Orders have been placed with USDA and it may be that this item will be on May's order form. You will have a choice of the concentrate or the juice.

PRE-COOKED PATTIES

Schools returning our questionnaire on this item have indicated that they could use 6200 cases per month, each case containing 120-2 oz. pre-cooked patties.

CONTRACT FOR PATTIES (NOT PRECOOKED)

Many Schools have asked about having the ground beef made into patties (not precooked). We are presently working with a well known company to process a carload as an experiment. The price has not been firmed, but it appears that the cost will be \$2.50 for a 15 lb. case containing approximately 76-3 oz. patties.

All meat packers that we have contacted or awarded bids to must have a USDA meat inspector in their plant.

DRIED MILK

A number of schools have asked if our supply of dried milk will be exhausted. We assure you that we have enough dried milk on hand and on order to take care of your needs for the next school year.

STAFF OF LIFE

PUT PARENT POWER INTO YOUR PROGRAM

We all know that you can't teach a hungry child - and that many people have worked together to alleviate hunger in the classroom by supporting school food service programs. But, what about the children who do not participate in these programs, and must depend upon the variety of foods they receive at home? How can we be certain that all our children are adequately fed.

The answer may be Parent Power. Parents can be valuable allies in the school and at home. Cooperate with your Parent Teacher Association (PTA) or Parent Advisory Council (PAC) to generate their support for improved nutrition.

Staff members from the Bureau can assist in developing special parent programs for showing the need for nutrition education and school food services. Parents can be encouraged to participate in nutrition education workshops offered through the Bureau and the school. By providing basic nutrition information to the parent, good eating habits can be reinforced at the home front as well as in school.

Use the PTA or PAC newsletter to publish breakfast and/or lunch menus, or to suggest nutritious and enjoyable snack ideas. Offer an article or interview to explain and promote participation in both breakfast and lunch programs. Provide information on these programs for the parent info-center.

Become an integral part of home-school communication by providing a mini-brunch or breakfast break for PAC meetings. Allow 10-15 parents to observe and share the experience of taking part in an on-going breakfast program (parents can pay the adult price). This opportunity may encourage parents to volunteer as breakfast aides or assist in conducting classroom breakfast parties. Cooperate in publishing a cookbook of selected "breakfast bits" (favorite recipes).

As part of a mini-tour of the school and classrooms, plan to guide parents through the kitchen and cafeteria facilities. Follow this up with a student/parent lunch.

Parents are one of our greatest resources. With their help we can start to eliminate hunger in the classroom and at home.

CONFERENCE - UNIVERSITY OF MASSACHUSETTS
JUNE 22 through JUNE 27

BOX LUNCH		BOX LUNCH	
Homemade Hamburger in Gravy	Steaming Hot Beef Barley Soup	Chilled Florida Orange Juice	Chilled Florida Orange Juice
Creamy Whipped Potatoes	Tasty Ham Salad on Fresh Bread	Italian Meatball Sub w/ Rich Tomato Sauce	Gently Oven Baked Hot Dog on Roll
Buttered Spinach	Potato Chips	Chilled Fruit in Syrup	Potato Chips
Crusty French Bread & Butter	Crunchy Carrot & Celery Sticks		Creamy Cole Slaw
Chilled Fruit in Syrup	Chilled Fresh Fruit		Chilled Fresh Fruit
Orange Juice	Chilled Florida Orange Juice	Chilled Crisp Apple Juice	Chilled Grape Apple Juice
Zesty Pastrami on Fresh Bulkie Roll	Homemade Macaroni & Beef in Tomato Sauce	Thin Sliced Tender Steak Sub w/ Fresh Green Peppers and Onions	Meat Ravioli in Rich Tomato Sauce
Crisp Idaho French Fries (Maine Potato Puffs in Jr. H.S.)	Fresh Crusty French Bread & Butter	Chilled Fruit in Syrup	Crusty French Bread & Butter
Chilled Fruit in Syrup	Chilled Fresh Fruit		Chilled Fresh Fruit
Italian Style Spaghetti w/ Meat Sauce	Bowl of Hot Minestrone Soup	Beef Pattie Baked to Perfection w/ Rich Brown Gravy	Hot Bowl of Chicken Noodle Soup
Fresh Crisp Tossed Salad w/ Creamy French Dressing	Mild Bologna & Cheese on Fresh Bulkie Roll	Steamed Fluffy Rice	Extra Lean Ham w/ Tangy Cheese on Bulkie Roll
Crusty French Bread & Butter	Potato Chips	Buttered Sliced Carrots	Green Beans Vinagrette
Chilled Fruit in Syrup	Creamy Vanilla Pudding w/ Fruit	Crusty French Bread & Butter	Chilled Fresh Fruit
Chilled Florida Orange Juice	Cold Crisp Apple Juice	Cooked Fresh Native Turkey in a Savory Gravy	NO BOX LUNCH
Cheeseburger on Roll	Savory Brown Beef Stew	Seasoned Bread Stuffing	
French Fries (Potato Puffs in Jr. H.S.)	Crusty French Bread & Butter	Cranberry Sauce	
Chilled Fruit in Syrup	Chilled Fresh Fruit	Whipped Creamy Potatoes	
		Buttered Green Beans	
		Fresh Pan Roll/Butter	
		Ice Cream Cup	
Hot & Delicious Tomato Soup	Hot Vegetable Beef Soup	Chilled Sweet Orange Juice	Chilled Sweet Orange Juice
Oven Toasted Cheese Sandwich	Our Own Fresh Roasted Beef on Bulkie Roll	Tangy Cheese Pizza	Assorted Cold Cuts & Cheese Sub w/ Fresh Tomatoes, Relish
Crisp Green Garden Salad w/ Nippy Italian Dressing	Green Beans Vinagrette	Garden Fresh Tossed Salad w/ Creamy French Dressing	Potato Chips
Chilled Fruit in Syrup	Chilled Fruit	Chilled Fresh Fruit	Chilled Fresh Fruit

MILK SERVED WITH EACH MEAL

MENUS FROM WALT

BOX LUNCH		BOX LUNCH		MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
Chilled Florida Orange Juice 1 Meat Hot Dog on Fresh Roll Golden Idaho French Fries (Potato Puffs in Jr. H.S.) Chilled Fruit in Syrup	Chilled Florida Orange Juice Thinly Sliced Corned Beef on Bulkie Roll Creamy Cole Slaw Crisp Potato Chips Lime Gelatin	Chilled Florida Orange Juice All Beef Pattie on a Fresh Roll Golden Idaho French Fries (Potato Puffs in Jr. H.S.) Chilled Fruit in Syrup	Chilled Florida Orange Juice Meat Ravioli in Rich Tomato Sauce Crusty French Bread & Butter Chilled Fresh Fruit	
Steaming Chinese Chicken Chow Mein Steamed Buttered Rice Mini Egg Rolls Crusty French Bread & Butter Hawaiian Pineapple Munchies Fortune Cookie	Chilled Crackling Cran-apple Juice All White Tuna Fish Salad Sub Potato Chips Chilled Fresh Fruit	Chilled Crisp Apple Juice Fresh Italian Sausage Sub Chilled Fruit in Syrup	Hot bowl of Homemade Soup Very Lean Imported Ham Sandwich Potato Chips Fresh Crispy Carrot & Celery Sticks Chilled Fresh Fruit	
Chilled Sweet Orange Juice Turkey Baconburger on Roll Fresh Crisp Lettuce Tomato Salad Golden French Fries Potato Puffs in Jr. H.S.) Chilled Fruit in Syrup	Chilled Sweet Orange Juice Savory Brown Beef Stew Crusty French Bread & Butter Chilled Fresh Fruit	Steaming Hot Bowl of Beef & Barley Soup Tangy Cheese Sandwich Oven Toasted to a Golden Brown Fresh Tossed Salad w/ Creamy French Dressing Chilled Fruit in Syrup	Chilled Sweet Orange Juice Savory Beef Stew Crusty French Bread & Butter Chilled Fresh Fruit	
Chilled Florida Orange Juice Homemade Macaroni & Beef in Tomato Sauce Fresh Garden Salad Italian Dressing Crusty French Bread & Butter Chilled Fruit in Syrup	Simmering Hot Minestrone Soup Our Own Fresh Roasted Top Round Roast on Bulkie Roll Pickled Beet Slices Chilled Fruit	Fresh Native Turkey in Rich Gravy Seasoned Bread Stuffing Cranberry Sauce Creamy Whipped Potatoes Buttered Peas & Carrots Fresh Pan Roll & Butter Chilled Fruit in Syrup	NO BOX LUNCH	
NO SCHOOL		MANAGER'S SPECIAL	MANAGER'S SPECIAL	

PUBLIC SCHOOL SYSTEM

Cont'd from page 2

with any helpful details as to their availability to go to any location or only to a school on public transportation line, etc.

- 8) Noting companies (or city departments) to call in regard to facility or equipment breakdown or emergency. Beside information about emergency repair and service there should be folders describing each piece of equipment. Equipment information should include the manufacturer, (address, telephone number, and any area representative to reach), the make, model number, date purchased, warranty or guarantee, repair and maintenance record, operating instructions, etc.

Assuredly your list of essential supervisory duties and responsibilities goes on far beyond this and should be tailored to your unique operation. These suggestions are offered to prime you to organize, describe, and share your work and prevent any panic-like situation should you not appear one day.

* * * * *

Cont'd from page 3

Another advantage to preparing their own cold pack is the more economical cost. This is due in part to good utilization of commodities.

Brockton is proud of their school food services. This unique approach to satellite feeding is just one reason why they should be.

Recent Program Reviews have shown that some communities are still not complying with regulations pertinent to the requirements of the free milk, and free/reduced price lunch policy.

Responsible individuals are advised to check for the following errors:

APPLICATIONS 1) Lack of signatures (either on the part of the parents or the approving official), 2) Lack of income date, 3) Insufficient explanation of hardship when approval was based on same, 4) Approving applications when family income is above official guidelines, and 5) No indication of family size.

NUMBER OF FREE AND REDUCED PRICE LUNCHES The number claimed for reimbursement in excess of the number of students approved for the same.

SECOND FREE MILK Some programs are charging for the second milk served to students certified eligible to receive a free meal. These students are entitled to a free milk in addition to the one served to them in the free meal.

FACTS AND FIGURES ABOUT MASSACHUSETTS
NUTRITION EDUCATION AND SCHOOL FOOD SERVICES PROGRAMS

	<u>1972-73</u>	<u>1973-74</u>
<u>SCHOOL LUNCH PROGRAM</u>		
Number of Schools	2,306	2,546
Average Daily Participation	636,718	659,991
Total Lunches Served	112,580,049	114,941,014
Total Free or Reduced Meals	26,146,800	28,773,058
Average Daily Attendance	1,080,692	1,121,419
% of Participation	58.9	58.9
<u>SPECIAL MILK PROGRAM</u>		
Number of Schools	2,720	2,732
Average Daily Participation	501,628	385,860
Total 1/2 Pints Served	89,289,869	68,293,713
Total 1/2 Pints Served Free	1,149,036	238,543
<u>SCHOOL BREAKFAST PROGRAM</u>		
Number of Schools	209	266
Average Daily Participation	22,679	23,964
Total Breakfasts Served	4,123,298	4,056,152
Total Breakfasts Served Free or Reduced Cost	2,496,379	3,484,219
<u>SPECIAL FOOD SERVICE PROGRAM</u>		
Number of Programs	129	166
Average Daily Participation		
Year Round	5,591	6,175
Summer	7,349	20,043
Total Meals Served	3,654,630	4,651,101
Year Round	2,912,844	3,794,468
Summer	741,786	856,633
Total Meals Served Free	3,608,024	4,612,793
Year Round	2,866,238	3,761,950
Summer	741,786	850,843
<u>INCOME</u>		
Student Payments	\$ 33,636,367	\$ 37,633,769
All Other	6,201,701	5,170,925
Local Appropriation	15,922,816	19,587,857
<u>REIMBURSEMENT</u>		
National School Lunch	\$ 19,667,479	\$ 25,126,656
Special Milk	3,160,471	2,044,019

FACTS AND FIGURES cont'd from page 9

School Breakfast	1, 005, 996	1, 051, 800
Special Food Service	761, 165	996, 003
Non-Food Assistance	2, 025, 011	1, 295, 965
Administrative Cost	68, 314	85, 973
Commodity Value	6, 885, 380	7, 615, 846
State Reimbursement for Lunches	6, 614, 245	6, 876, 244
Administration	402, 349	421, 748
<u>TOTAL INCOME</u>		
Local Sources	\$ 55, 760, 884	62, 392, 551
Federal Sources	33, 574, 116	38, 216, 262
State Sources	7, 016, 594	7, 297, 992
<u>TOTAL</u>	\$ 96, 351, 594	107, 906, 805

* * * * *

Cont'd from page 4

INVENTORY IN YOUR STOREROOM

Please inventory your storeroom and be certain that the first foods in are the first foods out. Our field personnel are finding foods that are two or more years old and often times buried under other cases of commodities.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 oz. (edible portion as served) of lean meat, poultry, or fish; or 2 oz. of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - A 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread, as a seasoning, or in the preparation of other foods in the lunch.

Milk - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

PARTICIPATION

One of the causes of poor participation in the lunch program is poor communication, or worse, no communication at all.

School Food Service operations are very much like big business. A good line of communication, with every individual involved in this activity, is absolutely necessary to assure a successful operation and good participation.

The Food Service Manager and staff should know the teachers. There should be a cooperative effort between these groups in fostering good nutritional habits in the children. What better example for the students to have than the teachers' enthusiastic support of the lunch program.

The nutritional aspects of the School Lunch should be emphasized not only to the students but the parents as well. How many parents know what the Type A pattern is or that each meal is planned to meet 1/3 of the students' daily food needs?

Communication is a necessary component and when used to its full advantage a valuable asset to your program.

* * * * *

108 portions

SPICE CAKE

from Walpole School
Lunch Program

<u>Ingredients</u>	<u>Amount</u>
Enriched Flour	4 1/2 lbs.
Salt	2 tablespoons
Baking Powder	3 tablespoons
Baking Soda	1/4 cup
Allspice	1 tablespoon
Cloves	1 1/2 teaspoons
Nutmeg	1 tablespoon
Cinnamon	1 1/2 tablespoons
Shortening, Melted	9 cups
Sweet Potatoes, Undrained & Mashed	1 No. 10 can
Granulated Sugar	5 1/2 lbs.
Powdered Eggs	1 quart + 1 quart water
or	
Whole Eggs	24

Directions

- 1) Place flour, salt, baking powder, soda, and spices into mixing bowl and mix.
- 2) Add remaining ingredients and mix until smooth.
- 3) Pour into three 18x26x1 inch pans and bake at 350° for 30 minutes or until done. Cut 36 portions per pan.



COMMONWEALTH OF MASSACHUSETTS
Department of Education
OFFICE OF SCHOOL LUNCH PROGRAMS
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MSFSA Notes



your vote in.

It is MSFSA and ASFSA voting time again. When you receive your ballot please open it, vote for your candidate, and immediately send it off. There is a saying, "Those who hesitate are lost.", and that is just what will happen to your candidate if you wait until another time to send

We have an excellent program coming up for the Annual Meeting. In the forenoon Louise Watts will convey her ideas on how to increase participation in the School Lunch Program, Tony Mangifesti has planned a gourmet hot and cold buffet for lunch, and after lunch you can just sit back and relax - We have obtained Mike Stamoulis to entertain you..... It is worth the \$4.50 just to come and see his pictures, and to hear his spell-binding story - "My Book of Grecian Essay's". This spectacular show was photographed during Mike's 6 week visit to his homeland. The final product is the outgrowth of expert photography, precisely selected music, and lively paced multiple imagery. Truly you won't want to miss it.

Shirlie Kristenson
MSFSA Public Relations

MAY 1975

NUTRITION EDUCATION and SCHOOL FOOD SERVICES *Newsletter*

A MONTHLY REPORT

IDEAS DEVELOPMENTSTRENDS

PARTICIPATION

It is hoped that the 5¢ to 10¢ lunch price hike adopted by so many schools last year as a measure against rising food and labor costs will be checked and possibly reversed this year. Food costs are more stable and the donated food shipments have increased, with such high quality items as beef, cheese, and many vegetables.

An increase in lunch prices is not the only answer to your lunch program's economic problems. A high lunch price tends to have an adverse effect on participation. Participation in the National School Lunch Program is greatest when meal price is low. A more concentrated effort should be made by all of us to increase participation. A program operating on low profit margins, as the School Lunch Program does, needs a large percent of the student enrollment participating. High participation helps your budget. When you increase the number of lunches the only major additional expenditure is for food. Also, each additional Type A meal sold means another .1775¢ per plate State and Federal reimbursement.

Now, with the summer months approaching and seniors on half session, time can be devoted to utilizing your management skills and completely reorganizing your lunch program to have 100% participation starting September 1975.

How can you compete with the local hamburger stand, food vending truck, local grocery store, and home packed lunch? Begin with the students. After all, it is the individual student who decides whether or not to eat certain foods.

One way to involve students is through committee work. The Principal, Advisor to the Student Council, or the Guidance Counselor may be in the best position to interest students in forming such committees. Members may be comprised of Student Council delegates, other organization members, or be elected by the student body. The important factor in organizing such a group is to make sure that its members are truly interested in the food service program and truly interested in opening up communication between themselves and the school lunch personnel.

The activities of the committee may include the following:

- 1) Survey the student body for food preferences or menu combinations and for students' attitudes toward the school lunch program.
- 2) Plan school lunch menus or make suggestions concerning menus.
- 3) Decorate the cafeteria; make the dining area more attractive; plan special decorations in conjunction with special meals (holidays, homecoming, and celebrations for sport's tournaments).
- 4) Sponsor contests to re-name the "Type A" (i.e. Tiger's Special, Panther Platter).

In addition, the committee should involve other organizations and members of the student body with the lunch program.

Be youth-oriented in your approach towards your customers. Age is not an important factor - it is your attitude that counts. It means more than "enjoying to work with students", it includes a commitment to become involved. You can show your genuine interest by participating in school activities. You could assist students in running a refreshment service for sporting events or help and work with them on such events as dinner dances or Awards Night Banquets. The entire staff at Lincoln-Sudbury Regional High School donates their time in preparing and serving a Senior Dinner after Class Day activities.

A good point to remember is he who participates gets participation.

Look at your menu. This is the students' first clue as to what the lunch will be on any given day. Whether a student buys it or not often depends on how appealing it sounds or if a choice is given.

The more enticing a menu sounds, the more likely the students are to want to buy the food. Be descriptive, but also be specific. Make the food attractive. Terms such as "sweet buttered" and "garden fresh" appeal more to the older students than just plain "peas, salads, fruit" as restaurants have long known.

A meal choice is almost a necessity for increasing lunch sales especially in secondary schools. Schools that now offer a double menu note a considerable rise in student bought lunches.

You have a wide range from which to choose your second meal. You could prepare another "hot meal", one which would be less popular, and appeal to a limited number of children. The two menus could then be served through the same serving line. Offering two very popular menus daily, each on a different serving line is another alternative. Paul Kenney, in Woburn, is doing just that in both Junior Highs and the Senior High.

KINDERGARTEN CAPERS

April showers bring May flowers and thoughts of spring cleaning. But as spring begins, why not use the kitchen and cafeteria as a show room for kindergarten youngsters?

A springtime cafeteria program for kindergarteners has two major purposes. Primarily, it acquaints all incoming youngsters with the school food service program. It also demonstrates an important concept in nutrition education.

As part of their overall education, students should be able to identify the many people who cooperate to bring them the food they eat every day. We are all a vital part of this process, from the ordering and delivery of food, through its preparation and service - and the final clean-up. We work with sophisticated machinery that is unfamiliar to our student customers. (How many children have seen anything larger than a portable mixer or electric blender?) Consider the sanitary precautions that must be followed in every aspect of the work day: temperature control in food storage and preparation, plastic gloves in the serving line, and the sanitizing, dish washing and clean-up.

The most effective way for a child to understand the school food service operation is to see and participate in it. By having a preview of what is to come, these youngsters may adjust more easily next September. Eating in school is a new experience and it should be a pleasant one.

A basic orientation program should include:

- familiarizing the students with the cafeteria and kitchen areas
- introducing them to the cafeteria staff
- demonstrating the procedure for going through the lunch lines
- participating in the Type A lunch (or refreshments)
- demonstrating clean-up procedures

This program could be enhanced by explaining and demonstrating preparation techniques such as in baking bread or pizza, or describing precautions used to keep food fresh and wholesome.

Proper procedure must be used in notifying and organizing the faculty and administration to support such a project. Bus schedules and classroom activities may have to be rearranged. Meetings with cafeteria personnel and custodians should be held to inform them of pertinent details. Involve parents by inviting them to participate in this special lunch too.

Most of all, a kindergarten orientation program allows us to put

EXPLANATION OF SHELTER COSTS AND PROCESS TO DETERMINE ADJUSTED GROSS INCOME

Shelter costs in excess of 30% of the household's income may be deducted from the gross income. Shelter costs will include rent and utilities such as heating fuel, cooking fuel, electricity, basic service fees for one telephone, water, and sewerage disposal fees.

In the case of a household which is buying or owns its home, mortgage payments, interest on mortgage principal, real estate taxes and special assessments required by state or local law will be considered to be shelter costs.

AN EXAMPLE

Family gross income is \$8,000 per year.

$\$8,000 \times .30 = \$2,400$ per year (30% base)

Rent and other shelter costs are \$3,600 per year

\$3,600	Actual costs
<u>2,400</u>	(30% base figure)
\$1,200	Can be deducted from gross income

Family adjusted gross income is \$8,000 less \$1,200 equals \$6,800.

EXPLANATION OF MEDICAL EXPENSES

Medical expenses may include actual payments for physician and dental services, hospitalization, nursing care in or out of the home, prescription drugs, prescribed medical services, health insurance, Medicare payments, and reasonable medically related transportation costs. If Welfare, Medicare, or insurance pay for all of the medical expenses, then none may be claimed for hardship. However, those costs paid by the family in excess of \$10 per month may be deducted.

AN EXAMPLE

If the total payments for medical expenses exclusive of special diets in the household were \$14 per month, \$4 would be deducted per month or \$48 for the year.

THE WINDY CITY IS BECKONING YOU

The 29th Annual Convention of the American School Food Service Association will be held at the Conrad Hilton Hotel, Chicago, July 6 - 10, 1975. One of the outstanding features of this convention is that it will be almost totally contained within the massive facilities of the world's largest hotel. Sleeping rooms, meeting rooms, banquet facilities and exhibits can all be contained within the one building. This provides you the opportunity to see as much or as little of the beautiful city of Chicago as you desire.

Located on the shores of Lake Michigan, Chicago truly is one of the world's finest cities. It is unparalleled as a shopping center, bubbling over with all of the excitement of a major city and filled with museums, art galleries and every possible cultural opportunity.

From both meetings and exhibits, a four-day refresher course will be offered in the latest ideas, techniques and methods in school foodservice. In these times of rising food costs and evermore difficult and demanding financial problems, we all need as much guidance as possible in getting on with our jobs.

For knowledge, for fun and for the excitement of a national convention in the world's largest hotel, in one of the world's largest cities, come to Chicago!

Gus DiSano, Director of School Food Service, Malden Public Schools, has made arrangements through the Middlesex Travel Agency for a group flight. A minimum of 25 people are needed to qualify for the special rates. The price of \$129.73 includes round trip travel accommodations only. You will be leaving from Logan Airport on Saturday, July 5 at 9:20 AM. Although the trip out to Chicago is a group flight, persons can schedule their return at their own convenience. Mr. DiSano can be reached during the week at the Malden Central Kitchen, 342 Pearl St., 617-324-8000.



DANGER ALERT

This Office received a request from the United States Consumer Product Safety Commission for information regarding accidents caused by folded upright cafeteria tables falling on children. When these tables are in their upright position they are top heavy and can be easily toppled with a minimum of pressure. We have found that no serious mishaps or accidents have occurred in communities using this type table. However, we feel it is important for the safety of the school children to warn you that the table is a hazard left in its folded upright position.

Commodities Expected To Be Available September 1975

Frozen Ground Beef
Cheddar Cheese
Process Cheese
Luncheon Meat
Beef and Gravy cnd.

Macaroni, Hy Pro
Spaghetti, Hy Pro
Milk, Dried
Peanut Butter

The above is a long range estimate that could change considerably before school opening in September.

Processing Contracts

In our March Newsletter the article Contracts touched lightly on the fact that processing contracts could not be entered into without this Office having a copy and approving of it.

The Federal regulations on processing contracts state "that no donated USDA foods may be released to processors until the contract has been approved by this Office and the USDA".

Beginning with the new school year in September, any school releasing USDA foods for processing without first receiving our written approval of the contract (this will be given after this Office has received USDA approval) will be penalized. The field personnel, both nutritionists and auditors, will be asked to check on contracts when they visit the schools.

Freezer Storage in Summer Months

Each year in June we tell you that if you are going to carry meat and other foods in your freezer during the summer months, you should tell your superintendent, the principal and the custodians. If you have a food loss because of freezer failure we not only cannot replace your loss, but we must claim against your program for the loss. Power failures happen without warning so it's well that all school personnel be aware of food in the freezer. Someone should check the freezer every three days to be certain the power is on. Power failures do not have to be caused by a storm. There have been occasions when a kitchen was being painted that the painter stepped on the freezer electric cord just pulling out the prongs off the plug far enough so there was no contact. There is also the possibility of a motor failure.

Ground Beef - Freezer Storage

If you have defrosted your ground beef for use on a certain day and for one reason or another you cannot use all that has been defrosted which

Cont'd from Page 6

necessitates your returning it to the freezer, it is important that you know that this ground beef should be used the following day. Your freezer may show 0 degrees but this is not sufficiently cold to freeze the meat in the center of the blocks. If it is held for two or three days, deterioration will set in and this meat will have an offensive odor when it is again thawed for use.

It is most important in your freezer boxes to have the commodities off the floor on racks so the cold air can circulate around the cases.

	<u>Comparison of Commodity Values</u>		<u>Value Per Meal 74-75</u>
	<u>1973-74</u>	<u>1974-75</u>	
September	\$585,317	\$1,434,157	.13
October	499,201	2,377,414	.17
November	466,859	1,672,772	.14
December	859,893	1,597,720	.14
January	706,928	1,404,978	.13
February	931,793	1,354,427	.13

Frozen Frankfurters

This office has been informed by the U.S. Department of Agriculture that the Frozen Frankfurters must be used within 90 days of packing date. This means that all frankfurters must be served before school closes for summer vacation. Absolutely no frankfurters are to be kept in storage during the summer months!

* * * * *

RSVP

A survey entitled SCHOOL FOOD SERVICE AND SALARY INFORMATION SURVEY has been sent to all Superintendents of Public Schools. The data to be obtained from these will greatly help us in accurately answering the many questions concerning school food services. It is important to all of us that they be fully completed and promptly returned.

SOMERSET SOUTH MIDDLE - SENIOR HIGH - NORTH MIDDLE

SCHOOL LUNCH MENU

MILK SERVED WITH EACH MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Juice Hamburger/Roll w/ Mustard Cranberry Sauce Crispy French Fries Midnight Cake	Fruit Juice Chicken Pie w/ Peas and Carrots Biscuit Topping Sweet Potatoes Cranberry Sauce April Showers Cake	Fruit Juice Italian Meatball Grinder w/ Tomato Sauce on Homemade Roll Green Salad Sunshine Cake	Fruit Juice Coney Island Hot Dog on Homemade Roll Crispy French Fries Whole Kernel Corn Cinnamon Twist	Fruit Juice Somerset's Homemade Pizza w/ Tomato Sauce and Cheese Green Beans Marble Cake
Fruit Juice Spaghetti w/ Tomato and Meat Sauce Peas Italian Bread and Butter Orange Blossom Cake	Fruit Juice Meatloaf w/ Brown Gravy Mashed Potatoes Dime Size Carrots Dinner Roll and Butter Marble Cake	Fruit Juice Beef and Bacon Burger Crispy French Fries Mixed Vegetables Springtime Cake	Fruit Juice Turkey w/ Gravy Sweet Potatoes Green Beans Cranberry Sauce Dinner Roll and Butter Midnight Cake	Fruit Juice Tuna Fish Salad on Homemade Roll Tomato and Lettuce Salad Cranberry Sauce Blueberry Dessert
Fruit Juice American Chop Suey Garden Salad Pan Roll and Butter Chocolate Chip Cookies	Fruit Juice Beef Chow Mein Homemade T Bread Chinese Rice w/ Egg Penny Carrots Cranberry Sauce Chocolate Frosted Cake	Fruit Juice Barbecued Beef Homemade T Bread French Fries w/ Vinegar Blueberry Dessert	Fruit Juice Oven Fried Chicken Sweet Potatoes Cranberry Sauce Green Peas Peanut Butter Brownie	Fruit Juice Fishburger on Homemade Roll Cranberry Sauce Cole Slaw Midnight Cake
	NO SCHOOL	SPRING VACATION		
Fruit Juice Frankfurt on Roll w/ Mustard French Fries Green Beans Midnight Cake	Fruit Juice Salisbury Steak Mashed Potatoes Mixed Vegetables Dinner Roll Cinnamon Twist	Fruit Juice Cheeseburger on Homemade Roll Whole Kernel Corn Cranberry Sauce May Basket Cake	Fruit Juice Chicken Chow Mein Homemade T Bread Chinese Rice w/ Egg Dime Size Carrots Cranberry Sauce Sunshine Cake	Fruit Juice Somerset's Homemade Pizza w/ Tomato Sauce and Cheese Fresh Salad Marble Cake

HAVE THEM TELL YOU WHAT THEY LIKE

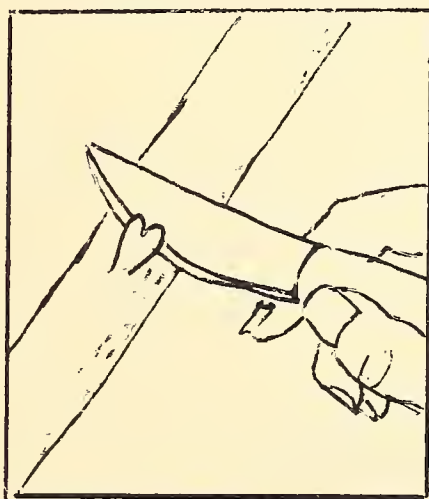
The April newsletter from Alaska included a menu prepared by the students from one of their school districts. In order to know what your customers want, what better source than the customers themselves! Many schools now have student groups working with the food service in determining likes and dislikes. It would be interesting and helpful to see what type menu your students would prepare or already have prepared. We would appreciate your sending such menus to this Office for possible publication in future issues of the Newsletter.

* * * * *

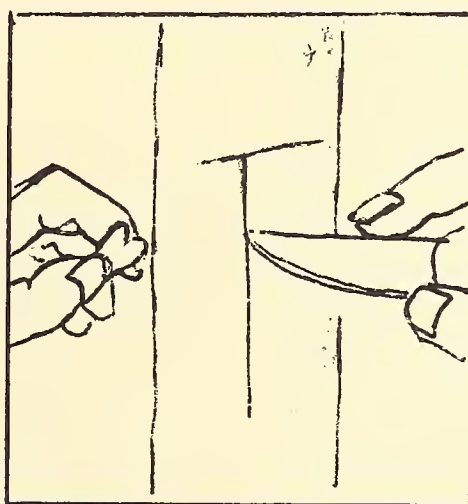
NAVEL ORANGE MYSTERY SOLVED

How do navel oranges grow when there aren't any seeds to plant?

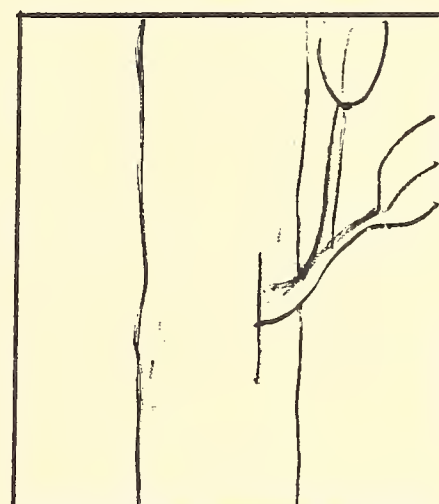
"Navel orange trees as well as all other varieties of citrus fruit trees, are reproduced by 'budding.' Seeds are planted to grow rootstock known to be disease resistant. When they are about two or three years old, the seedlings are budded with a slip from a mature tree producing the very best citrus fruit. The bud is grafted into the bark of the seedling. The bud eventually takes hold and becomes a new tree, producing the variety of fruit that was budded into the rootstock."



1. A bud is selected and cut from a mature tree



2. The bud is slipped into a T-shaped cut in bark of seedling



3. Soon the bud begins to grow into a leafy shoot of the variety that was budded

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 oz. (edible portion as served) of lean meat, poultry, or fish; or 2 oz. of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter; or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - a 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole-grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

Cont'd from Page 3

our best foot forward. Before the strain of opening day in September, we can introduce ourselves as friendly people. We can stress the importance of an enjoyable mealtime with wholesome and nutritious foods. Let's do our spring cleaning and bring in some bright young faces to a refreshing experience.

**The nutrition education section has developed kindergarten orientation guidelines for schools. Please contact:

Mrs. Dorothy L. Callhan
Project Director
Bureau of Nutrition Education
and School Food Services
182 Tremont Street
Boston, Ma. 02111
(617) 727-5764

A BROWN BAG LUNCH - CHEAPER???

That brown bag lunch that children take to school is not cheaper than a regular school lunch; in fact, it probably costs 10¢ to 15¢ more on the average, according to a seven-state survey conducted by the American School Food Service Association. The survey compared the price of a typical Type A school lunch with the cost of an identical brown bag meal, asking that the least expensive items be used in each case. The lunch consisted of a bologna sandwich with two ounces of meat and one teaspoon butter, a medium orange, two celery sticks, three carrot sticks, four commercial peanut butter cookies and a half-pint of milk purchased at school. The home-prepared meal was found to be cheaper in only one state, Arkansas, costing 51¢, compared with 60¢ for a school lunch. But in other states, like North Carolina and Ohio, the school lunch cost 55¢ while the brown bag meal was 86¢ and 76¢ respectively. In Washington state, the comparison was 50¢ at school and 81¢ at home; in New York state and Minnesota, 45¢ and 74¢, and in Utah, 45¢ and 56¢. The surveys shows, says ASFSA Executive Director John Perryman, that "it really does pay to buy nutritious school lunches."

* * * * *

REVISED BEEF GRADE STANDARDS

USDA has revised the US grade standards for beef as of April 14, 1975. The revised standards:

- Make it possible for slightly leaner beef to qualify for the Prime and Choice grades;
- Establish a more restrictive Good grade;
- Increase uniformity in eating characteristics (tenderness, juiciness, and flavor) in each grade; and
- Require that all beef graded be identified for both quality and yield (percentage of retail cuts a carcass will produce).

These revised standards are expected to add precision and efficiency to the marketing of beef.

 CONFERENCE

UNIVERSITY OF MASSACHUSETTS AT AMHERST

JUNE 23 - 27

BEEF PATTIE FROMAGE

Yield: 96 patties providing 2 oz.
protein rich food

Ingredients	Amount
Dill seed	1/4 cup
Water	1 quart
Catsup	1 cup
Prepared mustard	1 cup
Salt	1/4 cup
Pepper	1 1/2 teaspoons
Bread crumbs, fine dry	1 pound 2 ounces
Ground beef	17 pounds
Cheddar cheese, coarsely chopped or grated	1 pound

Directions

Soak dill seed in water for 30 minutes. Combine soaked dill seed and water with catsup, prepared mustard, salt, pepper and bread crumbs. Mix well. Add ground beef and cheese and mix. Use No. 12 scoop of mixture for each serving. Place scoops of mixture approximately 2 1/2" apart on a 18"x26"x1" baking sheet allowing 15 to 16 per pan. Flatten patties to approximately 5" diameter. Bake in a 375° oven for 15 minutes or until done.

* * * * *
* * * * *

MARSHMALLOW FROSTING

Frosts 11 18"x26" cakes

Ingredients	Amount
Corn syrup	5 quarts
Dried egg white or meringue mix	4 cups + 4 cups water

or

Fresh egg white	40
Vanilla	1/2 cup

Directions

Blend egg white mix with water; when well mixed add corn syrup. Beat at high speed until soft peaks form. Add vanilla and mix. Food coloring may also be added.

Marilyn Wiley - Pittsfield Public
Schools

PARTIALLY DEFATTED BEEF FATTY TISSUE

The USDA policy stand of a few years ago on not crediting the use of "partially defatted beef fatty tissue" in the Type A pattern still applies. Since this policy has not changed we are repeating the original notice.

"Partially defatted beef fatty tissue is a by-product of beef derived from fat trimmings of beef. The only meat involved is that which adheres to the fat in the starting material, which would be less than 12 percent, and more likely 3 to 4 percent. This product cannot be counted as part of the lean meat in a meat product and therefore cannot count toward the meat requirement of the Type A school lunch. When defatted beef fatty tissue is used in a meat product it must be listed on the label since it is a by-product ingredient. However, the Food and Nutrition Service does not advise schools serving Type A lunches to use meat products that contain this item."

The reason behind this statement is that this product results from a process of low temperature rendering of fatty trimmings from beef cutting operations. These trimmings are sometimes stored before this rendering takes place and the bacterial count of the trimmings may be quite high before processing. During the defatting process, a change occurs in the character of this product. The material is finely chopped and ground until it is almost an emulsion and then rendered at 112° to 120°F. for approximately one hour. It is during this heating period that the bacterial count rises, and is one of the unfavorable features of partially defatted beef fatty tissue.

* * * * *

NATIONAL SANDWICH IDEA CONTEST

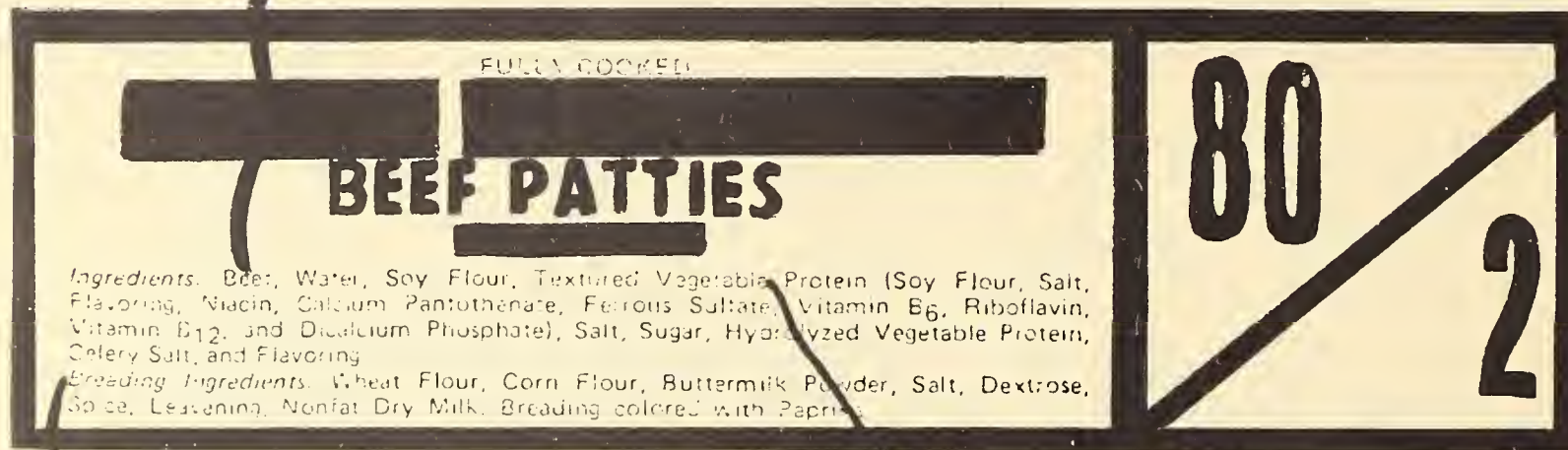
Mr. Anthony Mangifesti, Co-ordinator of Food Services for the Greater Lowell Regional Vocational Technical School in Tyngsboro, Mass., is among the top 20 finalists in the 1974 National Sandwich Idea Contest. His winning entry is now being judged along with the other top 19 finalists to determine the winner of the Grand Prize, a deluxe two week trip abroad for two, plus \$500 in cash.

This is the second year in a row he has been a top 20 winner in this contest, and the third year in a row he has won a national contest.

CHECK LABEL INGREDIENTS!!!!

The following label information does not suffice for an ingredient statement:

How much beef does the pattie contain? What percent of the beef is fat?



The breading does not count toward meeting the meat or meat alternate requirement for Type A lunches. The pattie must weigh 2 ounces plus the breading.

How much TVP?
The fortified hydrated textured vegetable protein (TVP) can be used to replace only up to 30% by weight of the meat required in a recipe.

--- THIS TYPE OF STATEMENT SHOULD BE ON FILE IN THE DISTRICT OFFICE ---

INGREDIENT STATEMENT

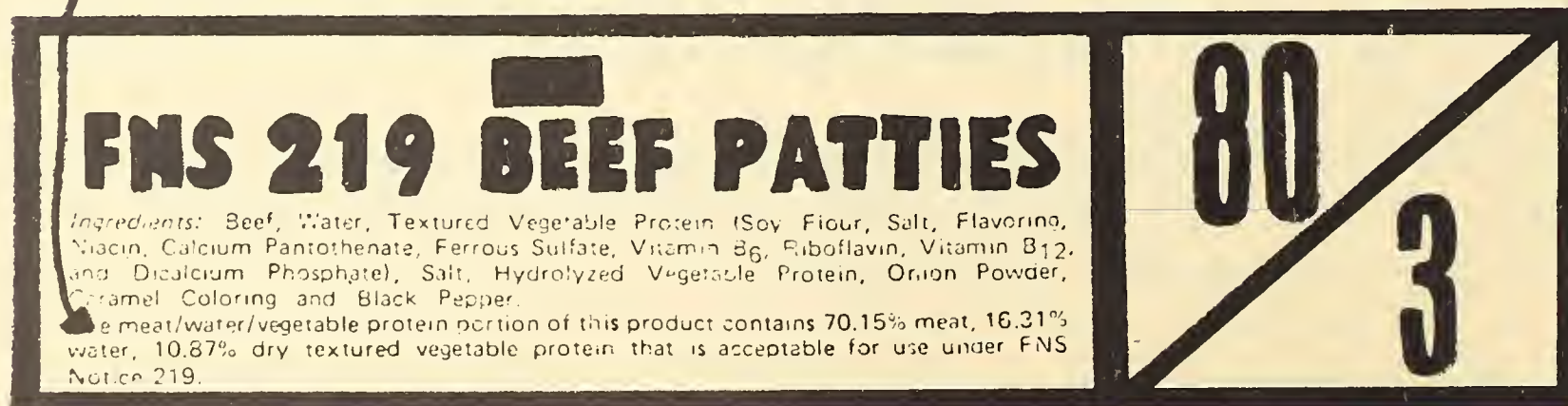
Name of Product

Name of Company

The hydrated TVP to be used must not be more than 30 percent of the total meat product by weight.

The weight of meat/water/vegetable protein of this product is
percent meat percent water percent dry textured
vegetable protein acceptable for use under FNS Notice 219.

The following label states the percentage of meat/TVP and water used in the product and is labeled FNS 219



PARTICIPATION cont'd from Page 2

On the other hand, you don't need to offer a complete second meal, but could instead, substitute single items such as fruit juice, vegetable or desserts. Why not begin with vegetables. This seems to be one food that evokes a range of likes and dislikes. A child could select the vegetable he prefers, if you give him two or three choices - being careful to vary the combination. This raises the odds in your favor that he will clean his plate more often.

A sandwich or a salad menu makes a good second choice. The sandwich should be hot or a specialty sandwich that can't easily be duplicated in a home-prepared bag lunch. Good choices are grilled cheese, hot turkey, hamburgers, bar-b-qued beef, hot pastrami, and submarines.

Those who have changed their menus to offer a choice state how quickly their previous objections have disappeared. The preparation of two meals requires no more time than for a single meal. It also means a better work distribution among workers and equipment. A choice of meals means stable lunch sales and, as a result, an easier to plan work schedule.

Your desserts are a good drawing card. Often a dessert sells your lunch. It is good to include it in the meal price, even if it means offering a smaller portion.

Speed up service. Focus all help on the serving period. Place the fastest workers on the serving line, with others providing a backup to replenish near empty serving pans.

Publicize your program. Keep the administration aware of the status of the food service operation. (Supervisors who participated in the Spring Seminar can put into practice theories discussed in Management by Objectives.) Develop a program to keep the administration informed of your accomplishments. List objectives - activities planned, results and recommendations for next year. Management by Objectives is an effective tool for keeping your administration aware of your efforts and communicating with them.

Since 1946 the purpose of the National School Lunch Program has been to offer the children a Type A lunch. Isn't it about time we started using our management skills to improve existing programs and reaching "non-participation students"?

CONFERENCE
STONEHILL COLLEGE
AUGUST 18 - 22



COMMONWEALTH OF MASSACHUSETTS

Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111

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MSFSA Notes



Now is the time for all cafeteria personnel to come to the aid of their association. Support your association by renewing your membership and getting new members to join. The association can only be as strong as their membership in supporting our School Lunch Program. We are looking forward to feeding the children next year. Are you?

"A Past to Remember, a Future to Mold" is the theme of the 29th annual ASFSA Convention to be held July 6-10 in Chicago.

"Chicago, Chicago, that toddlin' town (toddlin' town)
Chicago, Chicago, I'll show you aroun', I love it!
Bet your bottom dollar you lose your blues in
Chicago, Chicago. The folks who visit all
wanna settle down..."

Read all about it in your "School Foodservice Journal" and "Full Measure".

Be sure and get your reservations in early.

Shirley Kristenson
Public Relations

JUNE 1975

Government Documents
Collection
AUG 7 1975

NUTRITION EDUCATION and SCHOOL FOOD SERVICES *Newsletter*

A MONTHLY REPORT

IDEAS DEVELOPMENTSTRENDS

CHECKLIST FOR CLOSING A SCHOOL FOOD SERVICE DEPARTMENT FOR THE SUMMER

<u>Yes</u>	<u>No</u>	<u>Food</u>
()	()	An inventory of all food is made and all damaged or spoiled foods including canned foods that are bulged or leaking have been discarded.
		NOTE: Only a minimum amount of food stuffs should be stored for the summer. Do not purchase the fall supply of foods to be delivered before mid August.
()	()	All foods that are left have been labeled and dated so they may be used first in the fall.
()	()	All broken lots of foods are stored in glass or tin containers with tight lids.
()	()	Canned fruits, vegetables, peanut butter, dried beans and nonfat dry milk are stored at 70°F. or lower.
()	()	Cheese, dried eggs are in refrigerated storage 32°F or lower.
()	()	Cornmeal, rice, flour are stored in a cool place in air-tight containers in an area that will keep the foods free from insect infestation. (The higher the temperature, the more rapidly weevils develop.)
()	()	Butter and other perishable foods are stored at 0°F or lower.
()	()	There is no food left to attract insects or rodents.
		<u>Equipment</u>
()	()	A complete inventory of all large and small equipment

BREAKFAST RIGHT -- THINK BRIGHT WINNERS!

The winners for the National Nutrition Poster Contest have been announced!

Ten year old Kelly Dineen, a grade four student in Westfield's Southampton Road School is the first prize winner in the contest sponsored by the State of Florida, Department of Citrus. She and two runners-up, Bonnie Peard, a Wakefield Junior High student and Harold Martel, a grade three student at Lowell's Joseph G. Pyne School, now have the chance to become national winners at the contest finals in New York City.

As you may remember, the contest was open to students of grades one through eight. The winner and runners-up were chosen from three different age categories, representing more than 60 entries. As state winner, Kelly Dineen will receive a Raleigh bicycle; the runners-up will each receive a \$50.00 U.S. Savings Bond.

The contest's judges were Mrs. Mary Nagle, President of MSFSA and Director of Norwood School Food Services; Ms. Gail Perrin, Food Editor for the Boston Globe, and Mr. William Farrington, Springfield, Educational Specialist in Fine Arts for the Department of Education.

We congratulate all the contestants, and especially the winners, on their magnificent contributions. And, we look forward to hearing that our Massachusetts finalists have placed in the national contest!



Viewing the three State winners of the Poster Contest are (l. to r.) Mr. John C. Stalker Director, Bureau of Nutrition Education & School Food Services and coordinator of the contest; judges- Mrs. Mary Nagle, Ms. Gail Perrin, and Mr. William Farrington.

The posters, from top to bottom were drawn by Kelly Dineen, (winner), Bonnie Peard and Harold Martel (runners up).

PROGRAM DEFICIENCIES

We would like to call to your attention some of the program deficiencies that the Federal auditors are finding during their lunch accountability audit in Massachusetts.

The findings reveal a pattern of deficiencies within centralized reporting operations and those utilizing central preparation kitchen, satellite systems, and/or commercial food service companies. The deficiencies include:

- 1) Inadequate and incomplete records
- 2) Repetitions or estimated lunch counts
- 3) Claiming for all meals delivered, rather than those served
- 4) Inaccurate free and reduced price eligibility determinations

Each supervisor should review their own lunch accountability records to be certain that none of these deficiencies exist. If any are evident, action should be taken immediately to correct them for the remaining school year.

MILK SHAKES

Milk shakes may now be served to complete the Type A meal pattern, but there are restrictions as to what kind of shake can be served in order to meet USDA required specifications. "Each shake served as part of the Type A lunch must contain 8 ounces of fluid whole milk as the base ingredient; with mixes, ice cream, flavoring, etc. added to this base."

You must receive a written statement from your shake purveyor specifying that each shake dispensed contains 8 ounces of fluid whole milk as a base ingredient. The purveyor will meet this requirement by stating in his letter how the shake meets his requirement:

Machine has been adjusted to dispense _____ shakes per gallon of mix, each shake containing 8 ounces of fluid whole milk.

After receiving your statement guaranteeing each shake contains 8 fluid ounces of whole milk consider these points before including them in the Type A meal:

- If you price the Type A meal with the shake above the regular Type A, a child eligible for a free or reduced price lunch can take either meal.
- If at any time you have only one Type A meal choice, it would have to be the lowest price meal.

FROZEN CONCENTRATED ORANGE JUICE

The frozen concentrated orange juice now being distributed to schools and other eligible outlets is rehydrated by adding five parts (by volume) water to one part orange juice concentrate and mixing vigorously. Place contents of each can of frozen concentrated orange juice into a container and add 5 cans of cold water. Let stand 1/2 hour, stirring occasionally. Chill prepared orange juice in refrigerator. Stir vigorously before serving.

STORAGE

Store cases of frozen concentrated orange juice in the freezer at 0°F or colder. Store reconstituted orange juice in the refrigerator at about 35°F.

YIELD

Each quart of concentrate will make 1 1/2 gallons of full-strength orange juice or 48 1/2-cup servings or 96 1/4-cup servings.

DIRECTIONS FOR THAWING CONCENTRATE FOR USE IN THE UNDILUTED FORM

Thaw cans until frozen concentrate is liquefied (about 1 hour in cold water, or 3 hours at room temperature, or 8 hours in the refrigerator). Thawed concentrate may be used for various purposes, as described below.

CAUTION: Since the flavor of the 5:1 frozen orange juice concentrate is more intense than the flavor of the 3:1 concentrate previously issued to schools, the 5:1 concentrate should be used more sparingly when used as a concentrate in food preparation.

USES

Both the prepared full-strength juice and the thawed concentrate can be used in a variety of ways:

- | | |
|---------------------|---|
| As a beverage | -Serve full-strength juice alone, or combine it with other fruit juices such as apple, grape, pineapple, or prune |
| In salads | -Use full-strength juice in gelatin salads or in fruit cups containing fruits such as apples, apricots, bananas, pineapple, dates, raisins, or prunes |
| In vegetable dishes | -Serve beets in orange sauce made from concentrate |
| | -Glamorize sweet potatoes, carrots, turnips, and winter squash by a glaze |

COMMODITIES EXPECTED TO BE AVAILABLE FOR JUNE 1975

Frozen Ground Beef
Cheddar Cheese
Process Cheese
Luncheon Meat
Beef & Gravy, Cd.
Butter

Orange Juice Conc.
Macaroni, Hy Pro.
Spaghetti, Hy Pro.
Milk, Dried
Peanut Butter

The above is a long range estimate that could change in that additional foods will be available before school opening in September.

ANTICIPATED PURCHASES FOR NEXT SCHOOL YEAR

Cheddar Cheese
Butter
Froz. Chicken or Turkey
Froz. Ground Beef
Frankfurters
Raisins
Cd. Peaches

Cd. Applesauce
Or. Juice Conc.
Froz. Sliced Apples
Cranberry Sauce
Tomato Paste
Cd. Tomatoes
Cd. Green Beans

Cd. & Froz. Corn
Inst. Potatoes
French Fries
Dr. Beans
Dr. Peas
Lentils
Peanut Oil

Provided that market conditions are good the above list is what you may expect at some time during the next school year. Looking into the crystal ball, it appears that next year will at least equal this year if not exceed it in value of foods received.

PEANUT OIL

Surprise! Surprise! After being told that there was no hope of getting oil suddenly it appears. Peanut oil is a highly refined oil and can be used the same as salad oil. It can be used to make mayonnaise but the mayonnaise should be used the same day as it is made, for if you refrigerate it the oil will separate from the emulsion. We do not plan to contract to have this product made into mayonnaise. Now that oil has become available maybe in the same mysterious way flour will follow.

FROZEN GROUND BEEF

You may be interested to know that this school year the state of Massachusetts received 137 refrigerator cars of frozen ground beef totaling 5,247,500 pounds, having a value of \$4,430,580.

This valuable commodity will be available again in September so don't plan to carry it in your freezer through the summer months.

Cont'd on page 6

Cont'd from page 5

COMMODITY ORDER FORMS

Each month on the Commodity Order Form many schools fail to fill in all information. In particular the name of your school and the name of the trucking company (carrier) are not shown on the lines allowed. This delays filling your order - for an incomplete order is put aside until the end of the day.

CONCENTRATED ORANGE JUICE - 5 to 1

The concentrated orange juice you will be offered in September is a five to one concentrate. This means one can of juice to five cans of water. We call this to your attention because of the many years we have received this item. It always was a three to one concentrate.

Contracts have been entered into with a juice company to process this juice into frozen 4 ounce cups, 72 cups to a case. All that is necessary is to thaw and serve as this is a full strength orange juice. On the September Commodity Order Form you may order either the concentrate in 12/32 oz. cans per case or the processed 72/4oz. cups per case.

SUMMER CAMPS

Summer Camps that receive commodities from this Office are required to return all USDA foods left over at the end of the camping season. If you are contacted by a camp director regarding unused commodities, please accept them for your program.

FREEZERS

Again we want to emphasize if you have meat, poultry, or butter in your freezer through the summer months be sure you or a school official checks the freezer every other day. We cannot replace a loss and if the loss was due to neglect you may be billed for the loss.

REMINDER

Before making up your budget for next year, here are the Minimum Wages for School Food Service Employees in Public Schools:

\$2.20 Effective January 1, 1976

2.30 Effective January 1, 1977

CHECKLIST cont'd from front page

has been taken.

- () () All ranges and ovens are thoroughly cleaned; all burned grease and food particles have been removed; and all parts which have a tendency to rust have been greased with a salt free fat such as olive oil, vaseline, etc.
- () () The doors have been left open on convection ovens.
- () () The refrigerators and freezers have been washed with a warm baking soda and water solution. If they are turned off for the summer, the doors have been propped open.
- () () All power drive machinery has been thoroughly cleaned and oiled.
- () () All shelves and bins have been scrubbed.
- () () Steamers have been cleaned and flushed out or blown out, the water valves have been turned off and the doors have been left open.
- () () All equipment has been repaired and is in working order.
- () () All non-repairable equipment has been discarded.
- () () Dishwasher is thoroughly cleaned.

Storage Room

- () () All empty boxes, crates, etc., have been removed and there is no hiding place for rats, mice and other vermin.
- () () Adequate ventilation is provided to insure that there will be no heat buildup.
- () () No matches are left anywhere in the department.
- () () Silver, plates, and plastic trays are neatly stacked and stored in a locked storage area.
- () () All financial records, reports, invoices, receipts, menus, recipes, USDA Recipes, Buying Guide and Menu Planning Book are filed in a safe place.

Miscellaneous

- () () Hoods and filters over cooking equipment and vents in dishwashing area have been cleaned.

PEANUT BUTTER BREAD

<u>Ingredients</u>	<u>Amount</u>
Flour	6 pounds
Sugar	1 1/2 pounds
Eggs, dried	6 ounces
Milk, dried	10 ounces
Baking powder	6 ounces
Peanut Butter	4 1/2 pounds
Water	2 quarts

Directions

Blend dry ingredients at low speed for 5 minutes. Use paddle. Add water and blend at low speed only until dry ingredients are moist and mixture has a rough appearance. Portion into two 18"x26" pans. Bake in a 375° oven for 25 minutes. Cut 72 per pan - 6x12.

FOUR-STAR CHICKEN CASSEROLE

<u>Ingredients</u>	<u>Amount</u>
Elbow macaroni	12 1/2 pounds
Butter, melted	3 pounds
Onions, chopped	2 1/2 pounds
Non-fat dry milk	1 pound 12 ounces
Water	2 1/4 gallons
Peas, cooked	1 gallon
Condensed cream of celery soup	12 - 3 pounds 2 ounce cans
Bread crumbs	3 quarts
Chicken, cookd and diced	3 gallons
Poultry Seasoning	1 tablespoon

Directions

Cook macaroni 2/3 of the way done. Drain. Heat 1 pound butter, add onions and simmer for 10 minutes. Mix dry milk and water. Blend milk into cooked onions, add soup, stir until smooth. Add chicken, peas and macaroni. Place in buttered baking pans. Combine bread curmbs, remaining melted butter, and poultry seasoning; sprinkle over top of other ingredients. Bake for 25 minutes at 375°. Serves 100.

- NORTH DAKOTA STATE WHEAT COMMISSION

Cont'd from page 4

- of concentrate, brown sugar or honey, butter and a hint of nutmeg or ginger
- In desserts
- Use concentrate or prepared full-strength orange juice in cakes, puddings, fillings, icings, frozen or refrigerated desserts, cookies or even pastries
 - Combine concentrate with chopped apricots or crushed pineapple for a dessert sauce
- In breads
- Use prepared full-strength orange juice as part of or all of the liquid used in biscuits, nut breads, rolls, coffee cakes, and muffins
 - Combine full-strength juice with cranberries, dates or raisins in breads, sweet rolls and muffins
 - Combine concentrate with confectioners sugar or honey and use as a glaze on warm muffins, cakes and sweet rolls
- In salad dressings
- Combine 1 part concentrate with 4 parts mayonnaise and use on fruit or gelatin salads

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 oz. (edible portion as served) of lean meat, poultry, or fish; or 2 oz. of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 tablespoons of peanut butter or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLES AND FRUITS - a 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole-grain or enriched meal of flour.

BUTTER OR FORTIFIED MARGARINE - 1 teaspoon of butter or fortified margarine. This may be used as a spread, as a seasoning, or in the

Cont'd from page 9

preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

NEW APPROVED PIZZA PRODUCTS

The pizza products of the two companies listed below have been evaluated and found to meet requirements of the Child Nutrition (CN) Type 1 Pizza. Both of these products may be used for crediting in the Type A Lunch Pattern. They supply: two (2) ounces of meat/meat alternate; a serving of enriched bread; and one teaspoon of fortified margarine per serving portion.

CARMELLA NEOPOLITAN STYLE CHEESE PIZZA SQUARES
Carmella's Frozen Pizza, Inc.

DOB PIZZA WITH SAUSAGE AND TEXTURED VEGETABLE PROTEIN
The DOB Division of Fairmont Foods Company

APPLICATIONS

APPLICATIONS FOR FREE AND REDUCED PRICE MEALS, WHETHER APPROVED OR DISAPPROVED, MUST, LIKE ALL OTHER RECORDS, BE RETAINED FOR A PERIOD OF NOT LESS THAN THREE YEARS AFTER THE END OF THE FISCAL YEAR TO WHICH THEY PERTAIN.

Cont'd from page 7

() () All dish towels have been washed and boiled in a bleach and water solution, dried, folded and stored in air-tight containers.

- GEORGIA NEWSLETTER

MRS. MAREN COOLEY

Mrs. Maren Cooley, former School Food Service Director in Wellesley, and a past President of the MSFSA (1955-56) died on May 13 at the age of 89.

During her years at Wellesley, Mrs. Cooley started a School Lunch Group which since its inception was dubbed the Cooley Club by those involved. The original members were drawn from the communities of Arlington, Belmont, Brookline, Lexington, Needham, Newton, Waltham, and Winchester. These ladies would meet monthly to discuss current issues and problems of their feeding programs. One member described the club as "one of the most organized unorganized clubs in existence". The meetings were informal discussions based on sharing and learning to foster growth and improvement.

Mrs. Cooley, long known for her dedication and devotion to the School Lunch Program, will be fondly remembered and dearly missed by all who knew her.

* * * * *

CONGRATULATIONS

Mrs. Katherine Clark is completing 25 years service in the Ayer School Food Service Program. Her career in school lunches began in 1950 as a worker at the Pond Street High School. Three years later, she became manager at the Pleasant Street School and in 1964 she assumed the same position at the Hilltop School. Mrs. Clark holds membership in the MSFSA.

We congratulate Mrs. Clark and wish her well as she continues her School Lunch career and likewise in all her future endeavors.



Don't forget the Conferences coming up soon

UNIVERSITY OF MASSACHUSETTS AT AMHERST - JUNE 23 - 27

STONEHILL COLLEGE - AUGUST 18 - 22

Be sure to register early

and

Take special note of the change this year

MONDAY IS THE STARTING DAY FOR BOTH CONFERENCES



COMMONWEALTH OF MASSACHUSETTS

Department of Education

OFFICE OF SCHOOL LUNCH PROGRAMS

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MSFSA Notes



As a school year ends we start thinking ahead to another year. This looking ahead gets to be a habit, as does the desire to continually better ourselves.

The Massachusetts School Food Service Association, the only professional organization for the School Food Service employee, wants to be of service to you. The break down of the Areas into Districts, and the Districts into Chapters makes us a closer knit organization capable of being a help-mate to the members, both in the professional growth and their personal improvement.

In this direction we urge you to take advantage of the Conference at the University of Massachusetts, June 23-27, and the workshops at Stonehill College, August 18-22.

We look forward to another year and see new heights to reach, unfinished business to finish, and a chance to do just this.

A happy and safe vacation to all!

Shirlie Kristenson
Public Relations

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SEPTEMBER 1975

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and
SCHOOL FOOD SERVICES**
Newsletter

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OCT 20 1975

A MONTHLY REPORT

IDEAS DEVELOPMENTSTRENDS

University of Massachusetts

UNDERSTANDING REGULATIONS

Often times the words "Rules" and "Regulations" conjure up feelings of apprehension. Each regulation evolves from years of careful planning, practical application, and revision ultimately leading to an end product that defines reasons, clarifies the who, what, and why; and eliminates misunderstandings and confusion; and helps and protects those people for whom such rules and regulations were created.

In the ensuing months we will go over the various regulations governing the National School Lunch Program. Hopefully with a thorough understanding and a working knowledge of these "regulations" through reiteration they will seem less awesone.

FREE MILK, FREE MEALS, AND REDUCED PRICE MEALS

The National School Lunch Act and Child Nutrition Act, as amended, require schools participating in the National School Lunch Program, the School Breakfast Program, and schools receiving Commodity donated foods to serve a free meal to those children whose family income falls within the income guidelines set up each year by the Secretary of Agriculture. Also, schools participating in the Special Milk Program must serve free milk to those children who are eligible. Those schools which elect to offer reduced price meals are to determine a child's eligibility by a similar family income scale set up each year by the same Federal authority. Special hardship conditions make possible exceptions to the specific income guidelines.

The availability of such benefits and the criteria established to qualify for them must be publicly announced by each community. Determination of availability is based on a statement supplied by an adult member of the family involved and is made by the designated approving authority.

Under all these respective Acts there can be no physical segregation of, discrimination against, or overt identification of those children participating.

Cont'd on Page 2

Cont'd from Page 1

In regards to the offering of Reduced Price Meals, it is strongly recommended that those communities who have not done so to adopt such a policy at the beginning of this school year. As it stands now there is a Bill pending in Congress that would mandate the implementation of Reduced Price Meals in all schools. Its passing seems imminent. Therefore it would be more advantageous to join in now than have to re-issue the various forms to parents and press after the Bill has become law. Additional Federal monies would come to the communities and so many more children who are in need of help would be reached by such action.

CLARIFICATION AND EXPLANATION

Eligibility requirements are set up in accordance with the guidelines listing family size with its appropriate income. The guidelines state maximum income for each category so the eligibility is confirmed if the family income is at the maximum or below. If the income is greater than that listed and the family has high medical bills, shelter costs in excess of 30% of the income, special education expenses due to the mental or physical condition of a child, or disaster or casualty losses, the child may still be eligible. The income would be adjusted to compensate for such circumstances which are deductible. (See May 1975 Newsletter)

The question of foster children and step-children often causes confusion. A foster child, who is a ward of the State, is considered a one-member family. If a foster child is placed in a permanent home or is adopted then he is considered a member of that family and therefore the total family income is used. A step-child is considered a member of the family and total income is also used. (Refer to December 1974 Newsletter)

At times a family's income may exceed those laid down in the guidelines but the family feels special hardship conditions exclusive of the examples already mentioned above warrant their eligibility. They should then fill out all the appropriate information on the application and include an explanation of their situation. All such applications will be reviewed and a decision made as to approval or disapproval of such claims.

No application can be approved unless all pertinent data is included. Applications must contain names of children, size of family, weekly and annual income, hardship explanation, if any, including annual dollar amount, and signatures of parent and approving official. No application will be approved if the income does not fall within the designated income scales (not including hardship cases). Whether approved or disapproved all applications must be kept on file for three years following the year to which they pertain.

Unemployment or drastic decreases in income which may occur during the year make it possible for affected families to apply for free meals, reduced meals, or free milk. Eligibility is not automatic. A family must follow through with regular procedures and be approved by the designated school official. The application must state present weekly or monthly

RATES OF REIMBURSEMENTJuly 1, 1975 - December 31, 1975

<u>PROGRAM</u>	<u>RATE</u>
<u>NATIONAL SCHOOL LUNCH PROGRAM</u>	
State-wide Average Rates Allowed	
Section 11 (Free)	\$.5450
Section 11 (Reduced)	.4450
Section 4	.1225
State Reimbursement Rate	.0600
<u>BREAKFAST PROGRAM</u>	
Maximum Rates Allowed	
Free	\$.4500
Reduced	.4000
Regular Rates Allowed	
Free	.2425
Reduced	.1825
All Breakfasts	.0975
<u>SPECIAL MILK PROGRAM</u>	
Paying Children	\$.0550
Needy Children	Purchase Price of Milk
National Average Minimum Value of Commodities	\$.1100

Reimbursements rates have been stated by category to aid you in completing the new claim form which is required by Federal regulations. To know the total amount per meal, add the applicable categories. The new procedure will be explained in a separate letter introducing the new reimbursement claim and the steps for completing it.

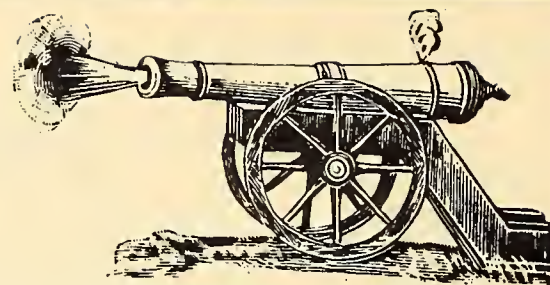
REMINDER

Any persons who have borrowed materials from our resource library such as slides, film strips, manuals, pamphlets, books, magazine articles, etc., are requested to return them at the earliest possible date.



NATIONAL SCHOOL LUNCH WEEK

BICENTENNIAL BLAST OFF



After the Bicentennial Blast Off in September, be sure to follow through during National School Lunch Week, October 12 - 18. Use the week's theme of "Invite America to Lunch" to highlight and promote the school lunch program.

The April 1975 issue of the School Foodservice Journal suggests that parents, civic leaders, administrators, and legislators be invited to participate in our celebration. Involve the entire school community by providing an exciting experience for your guests.

At the elementary level, students may research the foods that have been available to their region throughout different periods in history. These food items and events could be depicted in an "America The Beautiful" mural for display in the cafeteria.

Classes could develop puppet shows or skits representing meal time at different stages of our nation's growth. Involve the local historical society, women's league or chamber of commerce in assisting with background information and/or props for the production. Be sure that the cafeteria and staff are part of the scene in decor or costume.

Social Science classes may focus on food traditions of different regions of the United States (the American Dietetic Association has published the booklet "Understanding Food Patterns in the U.S.A." which would be a valuable resource for this activity). Students may show how regional food patterns have changed with the advancements of modern technology.

Secondary history students could trace the development of the school lunch program in the U.S. and Massachusetts. The United States Department of Agriculture has prepared the booklet, "The National School Lunch Program - Background and Development" FNS 63 which would provide excellent information for this investigation. Our Bureau also has outlined a number of school food service programs and relevant legislation that could add to the report. Students could also assist in publicizing school food service programs that are available to various members of the community (i.e. special feeding programs for preschools, elderly feeding programs, breakfast programs). Let them help organize the "Invite America to Lunch" itinerary.

Math and Home Economics classes could calculate the cost and value of various lunch methods. These results could be compared to a survey of eating habits in school as well as the results of the Bureau's 1969 food survey.

Health and Physical Education classes may prepare posters stressing the pitfalls of fad diets. Bring in a little nostalgia with food fads that existed during other eras.

Cont'd on Page 14

COMMODITIES EXPECTED TO BE AVAILABLE OCTOBER 1975

Frozen Ground Beef
 Frozen Ground Beef Patties
 Cheddar Cheese
 Process Cheese
 Pea Beans
 Shortening

Orange Juice Concentrate
 Peanut Butter
 Dry Milk
 Frozen Turkey
 Butter

Shipping and purchasing difficulties could make some variation in the above list.

UNCOOKED BEEF PATTIES

As we go to press, there are indications that USDA may purchase uncooked beef patties as well as the regular frozen ground beef. If this materializes, then these patties would be available at no added cost for processing. A twenty pound case containing 120 patties would be available for approximately .40 per case.

CHANGE IN DISASTER FEEDING REGULATIONS

The United States Department of Agriculture is no longer responsible for providing food assistance to disaster victims. This responsibility is transferred to the Secretary of Housing and Urban Development.

In the event of a non-Presidentially declared disaster or emergency, the local community or organizations such as the Red Cross or Salvation Army should be relied upon to provide the foods needed in mass feeding operations.

In brief, this means that the commodities provided by USDA cannot be used for emergency feeding.

PURCHASES

This office has placed orders with USDA for the following:

30 cars ground beef	18 cars shortening
30 cars butter	14 cars frozen chicken
19 cars oil	16 cars frozen turkey
	15 cars turkey rolls

We are hopeful that shipments will begin either by or before September.

Cont'd from Page 5

COMMODITY ORDER FORM

We include here an outline of the schedule for ordering and receiving commodities.

1. Each month an order form is mailed to the supervisor to arrive before the first day of the month. If the form doesn't arrive by the fourth day, the supervisor should assume it has gone astray and call this Office for another form. (727-8722)
2. The supervisor should complete the form and return it to the state Bureau of Nutrition Education and School Food Services as soon as possible, no later than the tenth day of the month.
3. This office will fill the order promptly. We will notify the sponsor or trucking concern to call for the commodities. All sponsors who have placed their orders but have not received their commodities by the 20th day of the month should contact the Bureau immediately. We will trace the shipment.

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 oz. (edible portion as served) of lean meat, poultry, or fish; or 2 oz. of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 T. of peanut butter or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLE AND FRUITS - a 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole-grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 tsp. of butter or fortified margarine. This may be used as a spread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

Nutritional needs of children require that special attention be given to include adequate servings of foods rich in Vitamin A and Iron daily, and Vitamin C rich foods frequently during the week.

CHILD NUTRITION BICENTENNIAL PROGRAM

The Child Nutrition Bicentennial Program is a nationwide project designed to encourage increased nutrition education and participation in the National School Lunch Program. It is a cooperative project of the Food and Nutrition Service of the U.S. Department of Agriculture, State Child Nutrition Directors of the State Departments of Education, and the American School Food Service Association.

Through the school lunchroom and related classroom activities on food and nutrition, the Child Nutrition Bicentennial Program focuses on improving the quality of life in the third century by building the health of the Nation's children today.

Participating in the project will be 50 million school children in the United States and territories of Guam, Puerto Rico, American Samoa, and the Virgin Islands; school food service personnel responsible for planning and operating the school lunch programs; and interested cooperators.

The festivities began with the American School Food Service Association convention in July 1975, and will continue through December 1976. The thrust of the program is a series of heritage menus, one to be served during each school month of the project. The menu themes are taken from different periods of our country's 200-year history, such as the first Thanksgiving, the Louisiana Purchase, and the Industrial Revolution. In the School Foodservice Journal, along with each menu, are corresponding classroom projects on the history of food and agriculture, principles of nutrition and good nutrition practices for all children. Schools are also urged to develop their own menus and corresponding activities. These should highlight historical events which have special significance to their community or national events not covered in the 13 menu plans.

The Bicentennial activity featured during the 1975 National School Lunch Week, October 12-18, will be an "Invite American to Lunch" project. Schools will invite parents, administrators, Congressmen, civic leaders, senior citizens, and the press to lunch to call attention to the good nutrition offered at school.

The date of June 4, 1976, will be celebrated as the 30th anniversary of the signing of the National School Lunch Act. This birthday party theme will be carried over to National School Lunch Week in October 1976.

Cooperators will be recognized for their contributions to the success of the Child Nutrition Bicentennial Program with a certificate of appreciation. Schools participating in the program will be awarded colorful pennants which can be proudly displayed in their schools. Information on how to take part in the celebration is elsewhere in this issue.

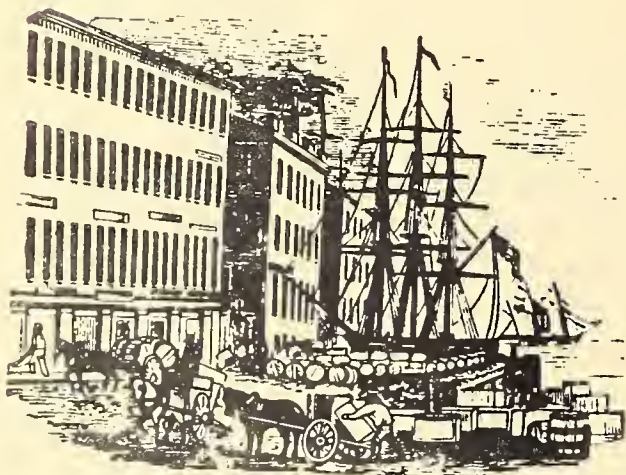
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The Child Nutrition Bicentennial Program is an official national Bicentennial activity recognized by the American Revolution Bicentennial Administration and is authorized to display the official ARBA symbol.

MENU THEMES

1975	September	Boston Tea Party
	October	National School Lunch Week Universal Menu
	November	First Thanksgiving
	December	Colonial Christmas
1976	January	Liberty Bell
	February	President's Table
	March	Melting Pot
	April	Louisiana Purchase
	May	Southern Plantation
	June	Westward Ho
	August	50th State Menu
	September	Industrial Revolution
	October	National School Lunch Week Universal Menu
	November	Immigrant's Special
	December	Century III



~ Boston Tea Party ~

COLONY BRIGANTINE FISH SQUARES
GANG PLANK POTATOES (FRENCH FRIES)
OVERBOARD (TOSSED GREEN SALAD)
BOSTON BAKED BREAD WITH BUTTER
PEACH TEA PARTY CAKE
CARGO OF MILK

Time Period: Pre-Revolutionary War, Black Heritage

HURRY! HURRY!

Pull out your April 1975 issue of the School Foodservice Journal NOW and order your National School Lunch Week materials. Time is running out.

Also available is the 18 month Bicentennial Calendar featuring the Bicentennial Menus mentioned above. Prices for the calendar are: 1 - \$1.20
10 - \$9.50, 25 - \$22.50, 100 - \$82.50, 250 - \$204.00. Send your orders to:
School Lunch Week Department, ASFSA, 4101 East Iliff Avenue, Denver,
Colorado, 80222.

CHILD NUTRITION BICENTENNIAL AWARD FOR SCHOOLS

As a part of the Bicentennial activities of the Nation, the United States Department of Agriculture, in cooperation with their administering agencies (55 State Educational Agencies), and the American School Food Service Association, have developed an award system for those child nutrition program schools in the Nation which meet the guidelines outlined below.

This award, known as the Child Nutrition Bicentennial Award, will be presented in the form of a banner to all schools meeting the criteria listed below. The criteria are based on the three themes of the Bicentennial: Heritage '76, Festival USA, and Horizons '76. To be eligible for an award a school must qualify in at least two of the three areas. In addition to the banner the State Bureau of Nutrition Education and School Food Services will award a gold star for each area completed, with a total of three stars for completing all, to be affixed to the banner. The criteria are as follows:

1. Heritage '76 - (Heritage Menu Participation) - Participation in at least one Bicentennial Celebration activity which shall consist of, as a minimum, serving the designated monthly heritage menu for any one of the months during the award period.

2. Festival USA - (Universal Menu Participation) - Participation in the National School Lunch Week in October 1975 or 1976 by serving the Universal Menu and participating in at least one other activity (such as "Invite America to Lunch") during the week. NOTE: Two activities must be completed in this area to qualify for one criterion.

3. Horizons '76 - (Increasing Participation) - Increase school lunch and/or breakfast participation by an average of 5 percent or more for any one month beginning September 1975, and continuing through October 1976 (the October date allows for presentation of an award before the end of 1976). Any school currently attaining 100 percent participation or reaching that goal within the award period, shall automatically qualify under this area. Any school having approximately 90 percent or more participation for a period of two months shall also qualify under this area.

How you may apply:

The award system will be one of self-certification in which you will fill out the application printed with these instructions. The award period is from September 1975 through December 1976. As soon as your school qualifies, send your completed application to the State Agency or Regional Office which administers your program. Please mark the envelope: Attention: Child Nutrition Bicentennial Award. In order to present the award by the end of the award period, application forms (which are included in this issue) must be submitted by November 1, 1976.

The application must include proof of participation. This could include newspaper articles, pictures, stories, testimony of school officials, citizens, etc.

EQUIPMENT RECORD

EQUIPMENT RECORD

Item _____ Cost _____

Name _____ Manufacturer _____

Model Number _____ Serial Number _____ Motor Number _____

Capacity _____ Attachments _____

Operation: ☐ Gas ☐ Steam ☐ Hand ☐ Electric-Voltage _____ Cycle _____ Phase _____

Sales Company _____ Address _____

Purchase Date _____ Guaranteed for _____ Free Service period _____

To be repaired by _____ Address _____ Tel. _____

Food service equipment is expensive and improper operation can cause high maintenance costs.

Preventive maintenance catches breakdowns before they occur. In the event a breakdown does occur, all information about the equipment should be readily available and accessible to the manager or maintenance personnel.

A file card for each major piece of equipment by make, model number, and year of purchase should be kept. It

REPAIRS

Date	Description	Cost

SAMPLE EQUIPMENT CARD

would be easy to determine the model and make should any emergency repair be needed. On the reverse side would be a listing of dates repairs were made. The record would show the complete cost of maintenance over the years, when replacement was necessary, and it would serve as a means to compare the performance of one piece of equipment with others.

MESSAGE FROM FRANK HANKARD, SENIOR CHEMIST, CHEMIST LABORATORY:

FLAMMABLE PLASTIC MILK CARTON CONTAINERS:

As you are all aware, in recent years plastic containers for delivery of cartons of milk have gradually been replacing the sturdy metal ones of former years. One hazard in connection with these plastic cases recently came to the fore when a section of such a case and an intact container approximately 13" x 13" x 11" high of purplish polyethylene were delivered to the Chemical Laboratory for examination as to flammability. The conclusion drawn from this testing is as follows:

The section of the plastic milk case and the intact plastic milk case are composed of combustible polyethylene plastic which would ignite with moderate difficulty from contact with a low temperature flame and would continue to burn intensely with extensive dripping of burning plastic. Since the combustion of such milk cases would yield an accumulation of burning molten plastic which would be comparable to burning grease or oil, the application of a hose stream to a fire involving those milk cases would produce an explosion and splattering effect similar to that produced by the application of water to a grease or oil fire.

The above facts should be borne in mind when fighting fires which already involve or threaten to involve stacks of these cases which are frequently found piled up inside or outside grocery stores and schools. In schools, where these containers are also often used as storage bins, their accidental ignition would emit toxic gases adversely affecting many young children. Fire prevention personnel should therefore be on the alert for the presence of these plastic milk carton containers and have them removed from the schools. --- TAKEN FROM THE FEBRUARY 1975 ISSUE OF THE MARSHAL-GRAM

SUCCESS IN WELLFLEET

Is participation a problem in your school? Well take a look at what the Wellfleet Elementary School did to reach full pupil participation for the past school year.

Adelaide Smith, Cafeteria Manager, started off her campaign for increasing participation with a celebration of Johnny Appleseed's birthday. A special menu was featured and the school librarian, Mrs. Ruth Hunt, supplied literature and stories about the famous tree planter.

Each day during Book Week, November 11 through 15, the children were served food from a children's classic and Mrs. Hunt, in conjunction with the school cafeteria and their "Classic" food items once again made the library's resources available to the children.

To perk up those winter months, five consecutive Thursday's during January and February were set aside as International Day. Different countries were studied by each class which then submitted an appropriate menu. Mrs. Smith and her staff prepared these foreign menus (with some modifications) and tried to include a small amount of some new dish for the children to taste. On German Day a bowl of sauerkraut was there for all to sample.

To keep this pace of success going a menu contest was initiated. Since the classes had been studying nutrition with the school nurse, a menu contest was an apt way to see how well the children learned their lessons. The grand prize was having the winning menu served to the entire school with the menu's creators being served by other members of the student body at a special table decorated with flowers and placemats produced in art class. The Principal, School Nurse, Cafeteria Assistants and Mrs. Smith were judges and after much deliberation chose the Fourth Grade's Rainbow Menu as the winner. The day's lunch included: Grape Juice, Green Salad, Spaghetti with Meat Sauce, Cheese Cubes, Blueberry Squares, and Milk.

We congratulate Wellfleet on a job well done and maybe, the sharing of their success story will be the starting point of many more.

REMINDER

Unless the Free Milk, Free Meals, and Reduced Price Meals Policy Statement Amendments and Attachments are received and approved by this office on or before September 30, 1975, no reimbursements for milk, meals, or USDA donated foods will be forthcoming.

RETIREMENTS

Ruth Harlow, Director of the School Lunch Program in Easton has retired after 21 years. Starting in 1954 as a cafeteria worker she was made manager in 1957 and supervisor in 1958, and eventually was appointed Director. Over those twenty one years Mrs. Harlow has seen the program in Easton grow from three schools to six schools. A member of both the MSFSA and the ASFSA, loyalty and dedication were two of her strong points. She was always ready to lend a helping hand. Various times during the summer conferences at Stonehill College you would find Mrs. Harlow loading a truck with materials from her facilities and rushing them over to rescue us from being caught short. We, along with many other people, are indebted to her for such assistance.

Since 1944 Miss Lois Carley has been the Director of School Food Services in Needham. On July 1 her 31 year career came to an end by retirement. Starting with a staff of two, serving soup and sandwiches at two schools, Miss Carley ended with a staff of 60 (all hired by her) serving 3,000 meals per day. She has seen frustration - seeing students spend their lunch money on ice cream and desserts - and joy - training two girls in special education who had completed their formal education in the Needham school system. In summing up her more than a quarter of a century food service career Miss Carley said, "I can really say I have enjoyed almost every minute of being here." It takes a lot of minutes to make up 31 years.

Serving 2,000 children a day in the Sudbury school system will just be a fond memory for Mrs. Edith Howe. The School Lunch Director of thirteen years retired this July. Mrs. Howe, who went to work for the Sudbury schools after her husband died, has become quite an expert on what children like. Casseroles, she found, were not the students favorite. "They like our spaghetti and meat sauce. If we called it a casserole, however, they probably wouldn't eat it." she said. Colorful, attractive menus were Mrs. Howe's choice so the children could eat with their eyes as well as their mouths. Her past thirteen years has confirmed her statement, "There's no way you can make a child eat what he doesn't want to eat." Her past thirteen years of being a diligent, resourceful Director has found her students wanting to eat a lot more than they thought.

LUNCHES FOR STUDENT WORKERS CAN NOT BE
CLAIMED AS FREE MEALS UNLESS THE STUDENTS ARE NEEDY

SCHOOL BREAKFAST PROGRAM REGULATION CHANGE

The School Breakfast Program regulation, section 220.8 (a) (3), is amended (Admt. 23) as follows:

(a)*** (3) One slice of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made of whole-grain or enriched meal or flour; or three-fourths cup or one-ounce serving whichever is less (volume or weight), of whole-grain cereal or enriched or fortified cereal; or an equivalent quantity of any combination of these foods.

ELDERLY FEEDING PROGRAMS

An approved application and agreement must be on file in the Office of the Bureau of Nutrition Education and School Food Services for every school and/or community serving lunches to Senior Citizens under the School Lunch Program for the Elderly.

Schools and/or communities desiring to participate in the program are urged to complete and submit applications which will be kept on file until such time additional funds become available. Presently, due to a limited budget, the Bureau is obliged to hold many applications on a waiting list.

The Elderly Persons Lunch Program may operate under a "O" Reimbursement Plan pending approval by the Bureau of Nutrition Education and School Food Services under the following conditions:

1. Applications and agreements have been accepted by this office and are on file awaiting approval until such time as sufficient funds become available to enroll new participants.
2. It must be understood that the difference between the allowable meal cost factor and the statutory 50 cent meal charge paid by the Senior Citizen will be paid by local funds.

A provision of Chapter 1168 states, "The governing body of each city and town shall be responsible for developing a plan for a year round hot lunch program for the elderly." We suggest that you acquaint community officials with this provision and their responsibility to insure whatever reasonable assistance is necessary to assist with the Elderly Persons Lunch Program.

Cont'd from Page 4

Any grade level might conduct an animal feeding experiment, using the Universal Menu and various popular diets. Post data and conclusions in cafeteria for students to view.

Let's make our "All American Lunch" truly for all Americans with a Bicentennial Blast Off awareness campaign!

BICENTENNIAL NOTES

1763 - March 24 - Currency Act. Prohibited issues of legal tender in all of the American Colonies. This act led to vigorous colonial opposition.

Boston town meeting denounces Currency Act as taxation without representation. This leads to non-importation agreements in Massachusetts and other colonies. - May 24 - 1764

1765 - March 22 - Stamp Act. First direct tax ever levied by Parliament upon America. The revenue was to be used to quarter British troops in America.

Quartering Act. Civil authorities must supply barracks and supplies for British troops. This add fuel to rising American Resentment

1765 - March 24

1765 - May 29 - Patrick Henry's Virginia Resolves, argued that Parliament could regulate trade, but could not directly tax (internal taxes) the colonies. Henry warned George III to note the fate of Caesar and Charles I.

Riots and protests over Stamp Act. Origin of the "Liberty Tree" in Boston (effigies of figures who were held responsible for the act were hung on this tree). There were night marches, property damage, and intimidation of Stamp agents. August - 1765

1766 - March 18 - Declaratory Act. Asserted that Parliament had full authority to make laws binding the American colonies "in all cases whatsoever".

British troops arrive in Boston.

The selectmen of Boston refuse to quarter two regiments.

- September 29 - 1768

1770 - January 19 - "Battle of Golden Hill". Riot between New York Sons of Liberty (led by Alexander McDougall) and British soldiers over the Quartering Act. Several on both sides seriously wounded.

Anthony Benezet writes An Address to the Inhabitants of the British Settlements in America upon Slavekeeping. This pamphlet was published by the Quaker schoolmaster to show the iniquity of the slave trade. - 1773

A child approved to receive a free meal has the right of the following options:

- This office will reimburse the full cost of the free milk served to children approved for free meals under option A as well as one additional half pint of milk served under option C as noted above. Obviously, the anonymity of children receiving free milk must be protected like those receiving free meals. Those children approved to receive a reduced price lunch at a charge of 20¢ or less and a reduced price breakfast at 10¢ or less are not eligible for the additional half pint of milk. The anonymity of those receiving reduced price meals must also be protected.

[illegible]

The Wichendon School Lunch Program has the following Satellite Feeding Equipment for sale:

- Anyone interested in any of these items may contact Mr. Joseph Lillie at (617) 297-2456 or 297-0740

MILK

MSFSA Notes



Once again, School Lunch Personnel, Summer is over. It's Back to School, Back to Work and Back to a successful year of feeding children and becoming involved in food service activities. As you are setting up your October work schedules, remember two important events - the MSFSA Annual Convention and National School Lunch Week.

Start now to promote School Lunch Week by telling parents, teachers, children and friends about our wonderful nutrition story and the "All American Lunch" to be served the week of October 12 - 18.

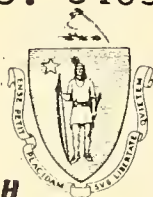
On your calender check the dates October 16, 17, 18 - that is when our Convention will take place at the Sea Crest Hotel and Motor Inn in Falmouth, Massachusetts. Our committee is working diligently on a program that promises to be one of the best ever. If you can't get away for the complete convention, there are several plans available.

"Nutrition With Pride" is our convention's theme. You'll be hearing more about the program which at the present time includes a repeat of the Shooting Gallery session that was so popular and worthwhile last year; Sharon King - Consumer Research Specialist from WBZ, as well as many more interesting speakers, exhibits, and activities. More details will be released soon but plan now to attend. Don't forget the dates, October 16, 17, 18, at the Sea Crest on Cape Cod.

Pauline Malnati

Public Relations

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COMMONWEALTH OF MASSACHUSETTS

Department of Education

OFFICE OF SCHOOL LUNCH PROGRAMS

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OCTOBER 1975

NUTRITION EDUCATION and SCHOOL FOOD SERVICES *Newsletter*

A MONTHLY REPORT

IDEAS DEVELOPMENTS TRENDS

ANONYMITY OF CHILDREN

In the regulations for Determining the Eligibility for Free Milk and Meals and Reduced Price Meals there is a sentence in Section 245.1(a) which states "... School Food Authorities are prohibited from making any physical segregation of or other discrimination against any child eligible for a free or reduced price meal, and no overt identification of any such child may be made." Section 245.8 further stipulates "School Food Authorities of schools participating in the National School Lunch Program, School Breakfast Program or Special Milk Program or of commodity only schools shall take all actions that are necessary to insure compliance with the following nondiscrimination practices for children eligible to receive free and reduced price meals or free milk:

- (a) The names of the children shall not be published or posted or announced in any manner;
- (b) There shall be no overt identification of any of the children by the use of special tokens or tickets or by any other means;
- (c) The children shall not be required to work for their meals or milk;
- (d) The children shall not be required to use a separate dining area, go through a separate serving line, enter the dining area through a separate entrance or consume their meals or milk at a different time;
- (e) When more than one lunch or breakfast or type of milk is offered which meets the requirements prescribed in Sections 210.10, 210.15a, 220.8, or 215.2(1) of this chapter, the children shall have the same choice of meals or milk that is available to those children who pay the full price for their meal or milk."

As stated above anonymity of the children receiving free or reduced price meals or milk must be maintained. All methods of collection included in each school's Policy Statement are reviewed and approved by this Office. This does not, however, guarantee total compliance nor snag free operation of such methods. Let us review the four sample collection methods which according to the USDA prove effective in insuring the anonymity of needy children.

SAMPLE METHODS OF COLLECTION

- A. Students go to designated areas (e.g., school office, cafeteria manager's office, school nurse, etc.) during the day. At such time those who pay full price for milk and meals or reduced price meals do so and are issued a numbered ticket or token good for either a day or week as the case may be. Weekly tickets may be sold at a slight discount. (e.g., daily cash charge 30 cents, weekly ticket \$1.25) Those students who receive free milk and meals are given their ticket or token. All tickets or tokens are identical, except for a code number known only to authorized school personnel and used for accounting purposes. At all times, when paying, when tickets or tokens are issued, and during the meal there is no overt identification of free milk and free meal or reduced price meal recipients. (For example, coding for ticket could be free ticket end in 0; reduced price ticket ends in 1; full price ticket ends in any other number.)
- B. The homeroom teacher provides each child with an envelope for daily or weekly milk and meal payments. Pupils return the envelopes with payment if paying full or reduced price or empty, if free, either to the homeroom teacher or to the school office. At a specified time either the homeroom teacher or school office issues tickets or tokens accordingly. All tickets or tokens are identical except for a code number known only to authorized school personnel and used for accounting purposes. At all times, when paying, when tickets or tokens are issued, and during the serving of milk and meals there is no overt identification of free milk and free meal or reduced price meal recipients.
- C. In some small schools or in larger schools with a small number of needy recipients an all cash system can be used in the lunchroom. Needy students will be issued the money required for purchase of a milk or meal. It will be the responsibility of the school officials to insure that this money is used for the milk or meal. The issuing and monitoring procedure shall be done in such a manner that the needy pupil does not suffer embarrassment or identification.
- D. All students either pay cash or charge their milk, lunches and/or breakfasts. Full paying and reduced price students are billed each month. Free students receive no bill. For proper identification of all students, full paying, reduced price, or free, a school identification card may be shown to the cashier.

SUCCESSFUL SUMMER CONFERENCES

Three hundred and fifty school food service personnel attended the two summer conferences planned and conducted by the staff of the Program Operations Section of the Bureau. At each conference a brand-new course was offered to help to meet the specific needs of those participating.

UNIVERSITY OF MASSACHUSETTS CONFERENCE

The conference for Manager and Supervisors was held at the University of Massachusetts in Amherst during the last week in June.

The new course offered at this conference, (and offered at the Stonehill Conference, also) was one developed and taught by Marjorie Cowles, Field Nutritionist. It was an introductory course for newly appointed or promoted supervisors called "Congratulation, Now You are a Supervisor".

During the entire week, the new supervisors were given a complete indoctrination into school food services and a glimpse of the many "hats" worn by a supervisor. Miss Cowles, with the aid of guest speakers, discussed the following topics: supervisor's position and State and Federal regulations of programs; menu planning and alternative food services such as snack bars; purchasing policies and practices; record keeping and fiscal control; personnel organization and control; equipment and facility planning; safety and sanitation factors; food service evaluation and public relations.

After having completed the course, all the new supervisors were very pleased with the vast amount of knowledge that they had received. The course has given them confidence to face the challenge of their new position.

Other courses offered at this conference included First Year Course of Meal Management and School Food Service Records for first time attendees. The Advanced Course for those who have attended previously, offered a choice of Effective Supervision, Nutrition Update, Developing an In-Service Training Program, and Good Purchasing Practices.

Also, a course for one credit, called "Innovations and School Food Services" was offered by the University of Massachusetts for those in pursuit of an Associate Degree.

STONEHILL CONFERENCE

The conference for school food service workers was held at Stonehill College, North Easton, from August 18-22, 1975.

COMMODITIES EXPECTED TO BE AVAILABLE FOR NOVEMBER 1975

Butter	Shortening
Beef, Ground Frozen	Orange Juice Conc. 12/32
Beef Patties, Frozen	Orange Juice 72/4 oz.
Cheddar Cheese	Peanut Butter
Process Cheese	Dry Milk
Pea Beans	Turkey, Frozen
Canned Green Beans	Canned Peaches

Shipping and purchasing difficulties may make some variation in the above list.

BEEF PATTIES

There is no longer any doubt about this purchase. The USDA is buying uncooked patties that hopefully will be in your November order. A twenty pound case containing 120 patties will be available for approximately forty cents as the service charge.

COOPERATION WITH SUMMER CAMPS

Part of the Agreement with summer camps is that they will use all of the commodities they received or return those that are left over to a school in the area where the camp is located. We want you to know we are most grateful for your cooperation in accepting any commodities that the camps may have returned.

FREEZER STORAGE - IN SUMMER MONTHS

Each year in the June Newsletter we have an article telling you of the importance of checking your freezer during the summer months. Now that the summer has ended the Commodity Distribution Section has been receiving reports of freezer failures and lists of the food that spoiled. In many instances many of the foods that were lost were not our commodity food. One school where this happened noted that the motor was running and naturally assumed the freezer was alright. When they opened the freezer, they found the compressor had not been working. Another school lost foods that had a value of over one thousand dollars. Each year as these reports are received we feel that it would be a good investment to have a red warning light installed on the outside of your freezer, so that when the temperature rises, because of mechanical failure, the light would go on. This would warn the person who is checking the freezer during the summer months that it needs immediate attention.

GRAIN - FLOUR

This Office is receiving many inquiries regarding the availability of flour this school year. This is still a big question mark but hopefully the large harvest of wheat will influence USDA in purchasing flour.

****FESTIVITIES GALORE****

With the Bicentennial in full swing, the next few months afford countless opportunities to boost your participation. We have 200 plus years of history from which to draw themes, menus, and activities to enthuse our customers. Use the Heritage menus featured each month by the ASFSA and the American Revolution Bicentennial Administration (ARBA) as a springboard. Tap the resources around you and develop your own festivities. Maybe your town played some special part in the shaping of our country's history. Are there local leaders or celebrities who have left their mark on all of us over the years whose birthday's could be celebrated? Don't look just to our political history, but to our cultural, economic, and industrial history as well. Themes can be built around inventions such as the telephone, steamboat, and electricity, etc.; around expansion and explorers; the opening up of the West; the railroads; the industrial revolution. There are famous authors and painters and other facets of the arts and truly American celebrations such as rodeos and state fairs to feature. Honor our farmers and the agriculture advancements this country has experienced from that first meager harvest at Plymouth to the countless cornfields and fertile valleys that we now have. Remember that originally we were one of thirteen and now we are one of fifty. There is a lot out there to celebrate!

* * * * *

SUPER DONUT

"Super Donut" manufactured by Prestige Donuts, meets the Food and Nutrition Service specifications for "formulated grain-fruit products". This product is authorized for use in the School Breakfast Program to meet the breakfast requirements when served with one-half pint of milk and in the Special Food Service Program for Children to meet the supplemental food requirements when served with one-half cup of milk, juice, fruit or vegetable.

This is the first "formulated grain-fruit product" to be found acceptable under the new specifications.

ALERT

THE NATIONAL RECALL ALERT CENTER, WASHINGTON, D.C. HAS NOTIFIED US THAT THE LISSCO TRADING CORPORATION OF NEW YORK HAS ISSUED A RECALL OF COMTESSE BRAND SWEET RED PIMIENTOS, LOT NUMBER R.E. 42,360, MANUFACTURED BY EXPLOTACION CINCO VILLAS GRUPO SINDICAL SPAIN. THE REASON FOR THE RECALL IS UNCONTROLLED PH WHICH POSES A POTENTIAL FOR BACTERIAL GROWTH AND OUTGROWTH.

FOOD FACTS AND FALLACIES ABOUT FITNESS

Try this quick Food for Fitness quiz in your school cafeteria. Post one of the questions at the entrance to the cafeteria or serving line. Answer the question at a spot along the serving line (when a specific food is involved) or at the exit of the serving area or cafeteria.

TRUE OR FALSE

1. Certain foods should be avoided before athletic activity.
2. Athletes require exceptionally large amounts of protein.
3. Steak is the best source of protein.
4. Take sugar before exercising to raise your energy level.
5. Never drink beverages while exercising.

ANSWERS:

1. Studies conducted at UCLA have failed to find any relationship between the type of food eaten and athletic performance. Many people have believed that heavy, spicy, or gas-producing foods may effect how well an athlete performs. As with any eating pattern, each individual will react differently (physically and psychologically) to specific foods; each athlete is an individual.
2. Unless athletes are in a period of growth (such as adolescence) they do not require additional protein. Most adults need less than 1 gram of protein per kilogram of body weight to build cells. Increased activity may make the muscle cells larger. However, when this exercise stops, areas that once were muscle tissue may be converted to fat. The extra protein that is consumed, and not used to build cells, will be used for energy or changed to fat. This is an expensive way to obtain calories. It is also an unfortunate way to become obese as one grows older and less active.
3. Steak is not the best source of protein. The quality of protein is determined by a number of factors (biological value) such as amino acid content, digestibility and method of preparation. Actually the egg is considered to have the best quality of protein, and is used as a standard to judge other products. Meats are good sources of protein but are surpassed by egg and milk. Beef, (lamb and pork, too) usually has a higher fat content, making chicken, veal, and fish better sources in terms of protein and calories.
4. Sugar is a type of carbohydrate which does provide energy - 4 calories per gram. Consuming excessive amounts of sugar (carbohydrate loading) before exercising may not supply all the added

energy that is needed. Fat cells will be broken down to provide more than twice as many calories - 9 per gram. The natural sugars available in fruits and juice, should be sufficient to restore the lost calories, as well as essential minerals and vitamins. (The nutrient sugar balance in some of the new thirst quencher beverages may be the secret for their being so satisfying and successful.) Furthermore, it is necessary to replace this energy only after an hour and a half of steady exercise such as long distance running. And remember, calories from carbohydrates that are not burned will be stored as fat!

5. Almost two thirds of our body weight is water. It is vital for many of our body processes including the solution for chemical reactions as well as a transport system for nutrients and waste. When water is lost because of excessive exercise and perspiration, the body may become dehydrated. Cells are unable to function properly (and an added strain may be placed on the heart). In order to maintain a balanced water supply some physiology experts recommend that you drink a glass of water before exercising and as soon as you think you are losing water.

In general, our athletes are also growing, active teenagers. They still need basic nutrients to grow and maintain their health. The Type A lunch is designed to provide 1/3 of the recommended dietary allowance of those nutrients. Let's make sure that our young people get plenty of these food facts for fitness, with their attractive, nutritious Type A lunches.

FOSTER CHILD VS. AFDC CHILD

The difference between a foster child and an AFDC child is as follows:

A foster child, being a ward of the State, is handled as a family of one. The amount paid to the foster family by the State is considered that child's "income" as a family of one and such income is to be reported on the application for Free Meals, Free Milk, and Reduced Price Meals.

An AFDC child is a "dependent" child who lives with one of its natural parents and who receives part of its income through AFDC payments. These payments must be included with the total income of the family. Approval or disapproval for Free Meals, Free Milk, and Reduced Price Meals is based, then, on the family size and family income of which the AFDC child is a member.

TELEPHONE NUMBERS

To aid you in reaching the personnel who your questions or remarks pertain to or who could be most helpful to you, listed below are the various Bureau Sections, their personnel, and the telephone numbers where they can be reached. As it is difficult to interchange telephones, please use the numbers at the top of the column which includes the Section you wish to contact.

Telephone No. (617) 727-5764

GENERAL ADMINISTRATION

John C. Stalker
Thomas P. O'Hearn

NUTRITION EDUCATION

Dorothy Callahan
Monya Geller
Carol Wintle

PROGRAM OPERATIONS AND TECHNICAL SERVICES

Louise E. Watts
Frances R. Cullen
Elizabeth Waldron

Telephone No. (617) 727-8722

FOOD DISTRIBUTION

Thomas B. Donohue
Joseph McDonnell

The personnel who approve your food orders are:

Clara Stephenson - Boston Area
Andrew Stephenson - Worcester Springfield Area

BILLING AND SERVICE CHARGES

Ruth DiChiara
Helen Ronayne

Telephone No. (617) 727-7406

ACCOUNTING AND CLAIMS

Robert Cleary
Eliot Cooper

To talk directly with the person who processes your claim, ask for the person who has the first two numbers of your Agreement Number listed after their name below:

Neal Gilbert - 01,03,04,10,11,12
Brian Turnbull - 02,06,07,08,13
Herman McCants - 09 and Boston Archdiocese Schools
Lauren Russell - 05,14

Claims for Special Food Service Programs for Children and Elderly Feeding Programs:

Robert Shurdut

AUDITS FOR LOCAL PROGRAMS

Joseph Kilday

PROGRAM EXPANSION-NONFOOD ASSISTANCE,
NEW APPLICATIONS FOR ALL PROGRAMS
AND NEW FOOD SERVICE FACILITIES

Julius Candela
Elinor McAuliffe
Maryann Richard
Martha Herlihy
William Connolly

Cont'd from Page 2

If this procedure is used, it is necessary that an adequate number of paying students take advantage of the charge system.

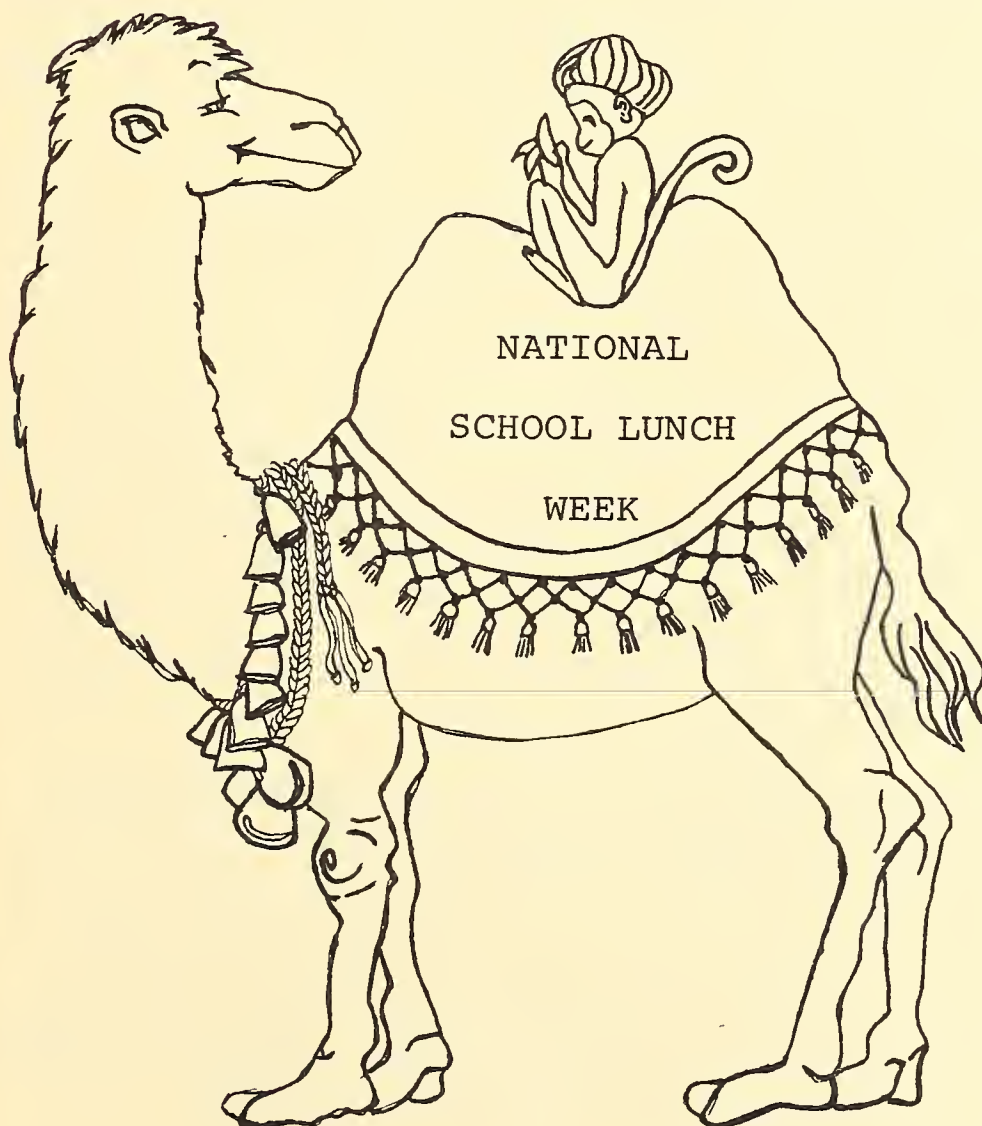
Modifications and alternates to the above sample methods may be utilized as long as they work and as long as the children participating in the various programs remain free from payment "labels".

MINIMUM WAGES

The applicable provisions in the new Act establishing Minimum Wages for School Food Service Employees in Public Schools are as follows:

\$2.20 Effective January 1, 1976

2.30 Effective January 1, 1977



ALL AMERICAN

LUNCH

Cheeseburger On A Bun

Crispy Potatoes

Fiesta Slaw

Chilled Peaches

Milk

OCTOBER 12 - 18

TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

MEAT AND MEAT ALTERNATE - 2 oz. (edible portion as served) of lean meat, poultry, or fish; or 2 oz. of cheese; or 1 egg; or 1/2 cup cooked dry beans or peas; or 4 T. of peanut butter or an equivalent quantity of any combination of the above listed foods. To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

VEGETABLE AND FRUITS - a 3/4 cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (1/4 cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than 1/4 cup of this requirement.

BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole-grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 tsp. of butter or fortified margarine. This may be used as a spread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

BICENTENNIAL NOTES

1773 - June - Black slaves in Massachusetts send Governor Hutchinson and the General Court a petition, stating that as men they have a "natural right to be free".

Philadelphia "Tea Party". A large mass meeting in the city resolved that the tea ship, Polly should return to England with the tea. The captain "agreed", re-loaded, and started back. - December 28 - 1773

1774 - January - Benjamin Franklin dismissed by Parliament as Post-Master General of the Colonies.

Freemen of Providence, Rhode Island call for an intercolonial convention. This is the first such recommendation. - May 17 - 1774

1774 - May 27 - Virginia Burgesses called for intercolonial congress. Meeting unofficially in Williamsburg, they declare that an attack on one colony is an attack on all.

Quartering Act applied to all the colonies. It is legalized that quartering of troops will be not only in taverns and deserted buildings but also in occupied buildings. - June 2 - 1774

1774 - June 1 - Boston Port Bill goes into effect. Boston harbor closed; General Court moved to Salem. Many of the colonies solemnized this day with fasting and prayer.

Cont'd from Page 3

The new course offered during this conference was "Quantity Food Preparation". Sixteen cooks and bakers, selected to participate in this course, traveled each day to the nearby Southeastern Regional Vocational Technical School, and actually cooked and baked a complete Type A lunch each day.

The course was planned and conducted by Louise E. Watts, Project Director, with the cooperation of Mary Lovely, Supervisor at the Regional School. The "students" received practical theory of menu planning, work scheduling, quantity food production and service, sanitary food handling, use of equipment, safety rules, and clean-up schedule in the afternoon classes. During the next morning, the theory was put into practice in the kitchen as the sixteen "students" working in teams of four, turned out a delicious Type A meal. The cooks prepared such items as Meat and Vegetable Pie, Baked Lasagna, Turkey Fricassee and Oven Fried Fresh Fish Fillets, and the accompanying foods such as savory peas, parsley potatoes, Harvard beets, cole slaw, jellied cranberry fruit salad and tossed salad.

The bakers were busy producing peanut butter brownies, upside-down cake, lemon refrigerator dessert, pan rolls, French bread and baking powder biscuits.

All those who participated in the course were enthusiastic about the experience and gained much practical knowledge.

Meanwhile, back at the College, the other registrants were receiving information and practical knowledge by watching the expert cooking demonstrations of William J. Lord, Chef-Instructor, Northeast Regional Vocational High School, Wakefield, and the expert baking demonstrations of Dennis Furtado, Baker, Plymouth-Carver Intermediate School, Plymouth.

As Bill Lord turned chicken, turkey, ground beef, sauces and gravies into attractive, appetizing dishes, he stressed the importance of proper handling of food, careful seasoning of food and the final presentation of the food to the customer. Even school food can be prepared and served with a gourmet touch.

Each afternoon Dennis Furtado turned out baked products with skillful ease. He demonstrated yeast dough for bread, rolls, and pizza, basic muffin batter, pie crusts, cookies, cakes, and frostings, as he carefully explained the whys and wherefores of producing eye-appealing, tasty baked products that help to sell school lunches.

The two conferences were coordinated by Frances R. Cullen, Senior Supervisor in Education.



MSFSA Notes

TO ALL FOOD SERVICE EMPLOYEES

Just a gentle reminder or a positive suggestion
Call it what you wish! BUT! Please show that
you care for your jobs and the children you serve.
Be a do-er and become involved.

1-Join MSFSA and ASFSA - or if a member -
don't forget to renew.

2-Attend area meetings.

3-Attend all or part of your state convention -
October 16 to October 19 at the Sea Crest Hotel in
North Falmouth, Massachusetts.

4-Promote School Lunch Week, October 12-18!
Alert your community - tell them about the Type A
Lunch and our nutritional goals. Feature the All-
American Menu. Make it the SUCCESS it should be.

HAVE A GOOD YEAR !!

Pauline Malnati
Public Relations

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent



COMMONWEALTH OF MASSACHUSETTS

Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111



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**NUTRITION EDUCATION
and
SCHOOL FOOD SERVICES**
Newsletter

A MONTHLY REPORT

IDEAS DEVELOPMENTSTRENDS

THE LEGISLATIVE EFFECTS

H.R. 4222 -- THE CHILD NUTRITION BILL OF 1975

H.R. 4222, " The National School Lunch Act and Child Nutrition Act Amendments of 1975", significantly strengthens the Federal programs which provide essential nutrition assistance to needy youngsters. It is without doubt the most important child nutrition legislation in recent years. In addition to increasing the amount of Federal assistance for the various anti-hunger programs for children, the bill extends such assistance, for the first time, to many groups of children previously excluded from the program participation.

Prior to the Congressional recess, a Conference Committee completed two days of work in which it reconciled the House and Senate versions of H.R. 4222. In many ways, the result represents the best of both bills. The major effects of the legislation upon the various programs is outlined below.

SCHOOL FOOD SERVICES (THE SCHOOL LUNCH AND BREAKFAST PROGRAMS)

Significant and needed improvements are proposed for the School Lunch and Breakfast programs. More importantly, however, H.R. 4222 rejects the President's proposal to curtail funding and to limit federal spending to feeding programs only for the poor. H.R. 4222 continues the federal commitment to school lunch and child nutrition programs for ALL children. The bill contains many important provisions which beneficially affect program operations and extends additional benefits to the working poor --

-- The reduced-price meal program is expanded so as to provide school meals at reduced costs (of 20 cents or less) to more children from working poor and near-poor families. Currently, the provision of reduced-price breakfasts and lunches is a local school option, and less than 3% of the lunches served this past year were served at a reduced price. The legislation requires all schools to offer reduced-price meals to eligible students, and raises the eligibility level for such meals from the present 175% of the poverty level to 195%.

Cont'd from Front Page

-- The bill also requires that the poverty indices, used to determine eligibility for free and reduced-price meals, be raised to more current levels. At present, there is a 12 to 24 month time-lag in the yearly update of the guidelines, thus excluding many needy children from the benefits of free or reduced-price meals.

-- The School Breakfast Program's authorization is extended on a permanent basis and the Congress requires that the Breakfast Program be extended to "all schools where it is needed to provide adequate nutrition for children in attendance."

-- \$1,000,000 is authorized annually for grants to state educational agencies for the conduct of nutrition education projects.

-- The commodity donation requirements for the school lunch and other feeding programs is strengthened by requiring that 75% of the mandated level of assistance be in the form of commodities and by extending the Secretary's authority to purchase agricultural commodities for donation to child nutrition programs.

THE FOOD PROGRAM FOR RESIDENTIAL INSTITUTIONS

For the first time, residential institutions -- such as orphanages, homes for the mentally and physically handicapped, temporary shelters for abused children, hospitals for children who are chronically ill, and other places where special groups of children are offered shelter and treatment -- are authorized to receive Federal food services. Previously, children in such institutions had to suffer substandard nutrition assistance because of such institutions' inability to afford proper meal services.

THE CHILD CARE FOOD PROGRAM

Some of the most important benefits in H.R. 4222 are reserved for the day-care centers, pre-schools and Headstart programs which use this program to serve meals and snacks to their young participants. The bill:

-- assures funding for all eligible centers, thereby eliminating statewide quotas on the number of centers that can receive food services;

-- significantly increases meal reimbursements from their present inadequate levels to those of the School Lunch and Breakfast Programs;

-- guarantees Federal reimbursements for suppers, breakfasts and snacks, in addition to lunches, thereby prohibiting USDA from arbitrarily imposing quotas on the number of meals that may be served;

-- enlarges sponsor eligibility to include various types of child care centers previously excluded from program participation, thus opening participation to smaller, informal centers, such as family day care centers which are often the only child care arrangements available in poorer communities.

Commodities Expected To Be Available for December 1975

Butter	Shortening
Beef, Ground Frozen	Orange Juice Concentrate 12/32 oz.
Beef Patties, Frozen	Orange Juice Concentrate 72/4 oz.
Process Cheese	Peanut Butter
Peas, Canned or Frozen	Turkey or Chicken, Frozen
Canned Pears	Dry Milk
Peanut Oil	Prunes, Dried (pitted)

Shipping and purchasing difficulties may make some variation in the above list.

Purchases

As we go to press USDA is purchasing frozen ground beef, so it would seem the commodity will be available for December. Turkey and chicken are also being purchased and either one or both will be available in November.

Inventory

Are you maintaining an accurate inventory of all donated foods? It will be very helpful to you to consult this list before ordering commodities. When used properly, the inventory keeps stock moving, helps reduce spoilage and waste, and helps avoid overstocking of commodities.

Processing Contracts

If we are able to obtain bulk peanut oil from USDA we will enter into contracts to have mayonnaise made.

There is an over abundance of dried milk available that may make it possible to have it processed into all-natural chopped cheese for pizza.

Section 6 Commodities

The Section 6 commodities are purchased from annual appropriations of Congress for those schools participating in the National School Lunch Program. These foods are to be made a part of the Type A Lunch. Use of Section 6 commodities for a la carte servings is not permissible.

REMINDER

Do you already have a spot picked out for your Child Nutrition Bicentennial Banner? To get that Banner you have to file the application. One will be included in each issue of the Newsletter in case previous forms have been misplaced or overlooked. Don't let another month go by without filling it out and mailing it in.



FIRST THANKSGIVING

Plymouth Turkey

Cranberry Bog Salad

Massasoit Dressing, Gravy

Miles Standish Mashed Potatoes, Butter

Pilgrim's Dessert

Mayflower Milk

BICENTENNIAL NOTES

1774 - September 1 - British troops under General Gage march out to Charlestown and Cambridge and seize powder and cannon belonging to the province.

The Massachusetts Provincial Congress organizes "minute men" militia units.
October 26 - 1774

1774 - November 30 - Paul Revere warns the N.H. patriots of a plan to garrison British at Portsmouth, New Hampshire.

On the First Thanksgiving there were only four women to do the cooking for the week long celebration.

Pie for breakfast is an old New England tradition.

At one time, in both Connecticut and New Hampshire, Thanksgiving was postponed because there wasn't any molasses in town to make pumpkin pie.

Another common breakfast item in colonial New England was cider. It was always in abundance and an accepted part of country living was to offer some to any visitors or passers-by. One town of 40 families made 3,000 barrels. A goodly amount for the facilities available in 1721.

RETIREMENTS

After many years of service the following personnel have retired:

Bernard Westerling - Clinton

Jeanette C. Horrigan - Holden

Gertrude Bloomberg - Stow

*** BOUNCE BERRIES - NEW ENGLAND'S BOUNTY ***

Bounce berry - bitter berry - crane berry - cranberry - That is the little red jewel that enhances our Thanksgiving feasts today, just as it did the first celebration. Here are some fun facts and folklore to use with this month's heritage menu, that appears in this issue.

- * The Indians thought that cranberries had great medicinal powers. They used them in poultices to draw infection from arrow wounds - as an ingredient in pemmican (a combination of dried, powdered meat mixed with fat, used to nurture travelers over long journeys) - and to keep their people healthy (the Vitamin C content helped to prevent scurvy). In addition, this bright fruit was used as a red dye for blankets and rugs.
- * Pilgrim women soon learned to use the berry as the Indians did - but added their own variations in the form of sauces, nogs, tarts, and preserves.
- * The cranberry went a-sailing aboard whalers and clipper ships as food (or medicine) for our sailors, to prevent scurvy - just as the English used lemons or limes.
- * As communities grew along our Cape Cod shores, the popularity of bounce berries did, too. In the autumn, whole families gathered enough fruit to preserve for winter. In one town in 1773, a dollar fine was levied against anyone found picking more than a quart of cranberries before September 20th. In addition to losing a dollar, the offender also lost his berries.

Now for an explanation of the alternate names for cranberries:

BOUNCE BERRY - Only good, sound, fresh berries will bounce. To this day, during preliminary grading, each cranberry is given a chance to bounce seven times over wooden barriers four inches high. If the berry doesn't bounce, it's BOUNCED!

BITTER BERRY - Taste a fresh berry and you will have your answer.

CRANE BERRY - To the Pilgrims, the pink berry blossoms looked like the heads of cranes that were seen in the area - thus the name. Over the years, the name was contracted to our present day cranberry.

(Adapted from materials prepared by Ocean Spray Cranberries, Inc.)

2ND ANNUAL POSTER CONTEST * BREAKFAST RIGHT - THINK BRIGHT

Open to high school students in grades 9-12
 Grand Prize \$1,000 Scholarship
 Deadline - February 1, 1976

Contact Dorothy Callahan for details - (617) 727-5764

RECALL ALERT

The following notices have been issued by the National Recall Alert Center, Washington, D.C.:

- Table Talk Brand Pineapple and Pineapple Cheese Ready to Eat Pies; Lot Number - includes all Pineapple Pies and Pineapple Cheese Pies made prior to and including August 5, 1975; Manufactured and Recalled by Table Talk, Inc., Worcester, MA.; pies contain glass fragments.
- 4 Brothers Brand fresh parsley; Manufactured and Recalled by Gressinger & Sons, Ohio; product contaminated with pesticide parathion.
- Busy Baker Pecan Crunch Cookies and Melrose Oatmeal Pecan Cookies; Lot Number - 11-1 and 12-1; Manufactured and Recalled by Safeway Bakery Division Plant, Joplin, Mo., and Safeway Stores, San Jose, Calif.; pecans used in products contaminated with insects.
- Roland Whole Red Pimientos, Choice Grade (NOTE: labeled with Roman numeral I - Choice Grade, Roman numeral II - Standard Grade) and Roland Broken Red Pimientos; Lot Number, Packer Number - R.E. 7.611; Manufactured by Antonio Serna Fernandez, Murcia, Spain; Recalled by Bruno Scheidt, Inc., New York, New York; Bacterial contamination.
- Primula Brand Pasteurized Processed Cheese Spread in three flavors, plain, ham and onion; Lot Number - all lots; Manufactured by O Kavli Cheese Factories, Bergen, Norway; Recalled by Gerber International Foods Co., Inc., Stamford, Conn.; Bacterial contamination.

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TYPE A MENU REQUIREMENTS

The Type A lunch as approved in the Commonwealth of Massachusetts must be planned to contain the required quantities of the following foods as a minimum.

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BREAD - 1 slice of whole-grain or enriched bread; or a bread equivalent, made with whole-grain or enriched meal or flour.

BUTTER OR FORTIFIED MARGARINE - 1 tsp. of butter or fortified margarine. This may be used as a spread, as a seasoning, or in the preparation of other foods in the lunch.

MILK - 1/2 pint

IMPORTANT REMINDERS

The cost of an elderly meal is the same as the cost of the Type A meal plus any extras such as coffee, soup or meat. Schools at zero reimbursement should have a record of these costs as the expense over 50¢ must come from some source other than the revolving fund.

Elderly Feeding Program: Milk is reported with adult milk in column 6 on the FP9. Income from the meal is reported with sales to adults on the FP6-B, and reimbursement is reported with USDA claims on the FP6-B.

FP6-B 5: Cash value of Federally Donated Foods must be an exact amount not an estimate.

APPROVED GRAIN-FRUIT PRODUCT

MORNING BREAK Crackers with Peanut Butter Filling manufactured by Keebler Company meets Food and Nutrition Service specifications for "formulated grain-fruit products". This product is authorized for use in the School Breakfast Program to meet the breakfast requirements when served with one-half pint of milk, and in the Special Food Service Program for Children to meet the supplemental food requirements when served with one-half cup of milk, juice, fruit or vegetable. This product will have four sandwich units to a package and this will constitute a single serving.

SCHOOL BREAKFAST PROGRAM REGULATIONS AMENDED

Effective July 24, 1975, the meal requirements of the School Breakfast Program Regulations were amended to allow 3/4 cup or one ounce serving of whole-grain, enriched or fortified cereals in the bread/cereal component of the pattern.

This change allows for the service of high density granola-type cereals to meet the bread/cereal requirement of the breakfast. Previously, with the required serving size at 3/4 cup, a serving of granola weighed three times that of common "air-expanded" cereals. These amended regulations permit granola to be served in a more reasonable and appropriate size serving - one ounce.



MSFSA Notes

Have you completed your plans to involve your program in the Child Nutrition Bicentennial Project? It will be successful only if you participate - so join in the nationwide celebration of our Country's birthday. Feature menus with foods native to America and commemorate events of our Country's heritage - Invite teachers to coordinate nutrition lessons with your historical menus. It should be a rewarding learning experience for all. The September Newsletter has complete details as well as an application blank.

Each year members of MSFSA who have completed twenty years of service are presented with a certificate and pin, and non-members are given a certificate in recognition of their service. This year as part of the Bicentennial Celebration a special certificate and pin will be given to those members who have devoted thirty years to the school food service program - So Ladies and Gentlemen if you qualify for either of these awards please send all the necessary information to:

Mrs. Shirlie Kristenson
42 Hawthorne St.
Westwood, Mass. 02090

Happy Thanksgiving to all!!!

Pauline Malnati
Public Relations

Publications No. 5483, approved by Alfred C. Holland, State Purchasing Agent



COMMONWEALTH OF MASSACHUSETTS

Department of Education
Bureau of Nutrition Education
and School Food Services
182 Tremont Street, Boston, Massachusetts 02111



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**NUTRITION EDUCATION
and
SCHOOL FOOD SERVICES**
Newsletter



A MONTHLY REPORT

IDEAS DEVELOPMENTSTRENDS

GREETINGS TO OUR FRIENDS AT CHRISTMAS TIME

At this joyous holiday season, we want to wish you and yours the very finest that life has to offer.

Together with this Season's greetings comes a sincere "Thank You" for your loyalty and support. The co-operation which you have extended to us is very much appreciated. As always we will continue to serve you in the best way we know.

A joyous MERRY CHRISTMAS and a bright NEW YEAR.

Sincerely,

John C. Stalker

John C. Stalker and Staff

YOUR FOOD SERVICE HAS A ROLE IN STATE PRIORITIES

As one of the many bureaus of the Massachusetts Department of Education, our Nutrition Education and School Food Services Bureau recognizes the mandates of two legislative actions: Chapter 766 and Chapter 622, and the Board of Education's priority positions regarding these. Possibly, however, the specific implications of these two laws have not been explored and publicized adequately in relation to our daily food service activities. This article attempts to do this.

Chapter 622 may be generally described as the equal opportunity or non-discrimination law that specifically states its application to all aspects of public school education, i.e. "courses, activities and services," (and school food service definitely is included in these areas).

One ready example of services is the Bureau's required notice to parents regarding eligibility and application procedures for free and reduced meals. For families in which English is not the primary language, the explanation and application forms should be printed in other languages and/or

cont'd on pg. 2

cont'd from page 1

bilingual staff be available to assist upon request.

In school units in which a high number of students are bilingual, it may be advisable to accompany English menus with other forms; perhaps students themselves could assume responsibility for this as a school service opportunity. It would be desirable also to have some food service adult staff with facility in alternate languages assigned to units in which this language skill could be an asset in daily contact between staff and students.

If the school lunch menu could also be flexible then there would be good value in observance of ethnic holidays, trying to incorporate some specific foods or seasonings preferred by multi-nationality students. Certainly the spice, oregano, now readily used in popular Pizza meals was not traditional fare of our American ancestors; so change is possible and worth a good try.

If a school has an active student lunch program advisory group, then strong effort should be made to include total student representation and participation.

In cooperation with guidance and vocational school staffs, student career opportunities (both male and female) in the food service field should be publicized. If awards and scholarships in this area are known, then such information should be relayed to guidance and other administrators.

In the daily food service, any employment (paid or voluntary) of students should show compliance with the equal opportunity and non-discrimination principles that are the basis of Chapter 622.

Cont'd on pg. 7

MASSACHUSETTS FOOD SERVICE EDUCATIONAL COUNCIL

23rd ANNUAL FOOD MANAGEMENT SEMINAR

JANUARY 21 & 22, 1976

SPIRIT OF '76

PROGRESS FOR PROFESSIONALS

TO BE HELD AT THE

COPLEY PLAZA HOTEL

COPLEY SQUARE

BOSTON, MASS.

COMMODITIES EXPECTED TO BE AVAILABLE FOR JANUARY 1976

Frozen Ground Beef	Peanut Butter
Frozen Beef Patties	Dry Milk
Peanut Oil	Prunes, Dried
Shortening	Cheese, Chopped for Pizza
Mayonnaise	

FROZEN TURKEY OR CHICKEN

In November we had not received sufficient quantities of either chicken or turkey to issue one or the other to all schools. Consequently, we issued all the turkey first and then substituted chicken. We disliked doing this, but it was our feeling you would accept one or the other rather than be without either of these commodities.

FROZEN GROUND BEEF

As we go to press, the U.S.D.A. has advised that cars of frozen ground beef will be shipped in early November making it available to you in December. Although contracts have been issued by U.S.D.A. for beef patties, none have been scheduled for delivery as yet. We have requested 500,000 lbs.

MAYONNAISE

The U.S.D.A. is purchasing bulk peanut oil that will be shipped to processing plants for conversion into mayonnaise. Hopefully when the award is made to the low bidder, he will make delivery of the mayonnaise in January. This commodity will be available for approximately \$6.00 Service Charge, packed in 4-1 gallon jugs to a case.

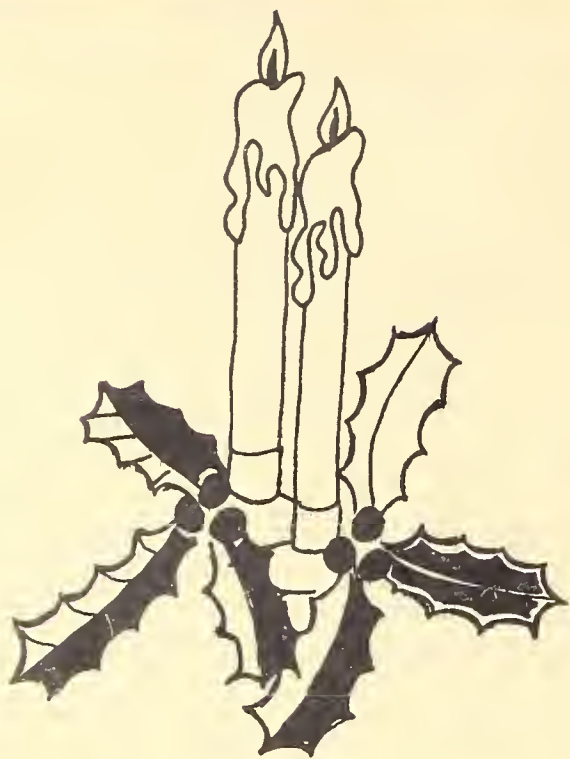
PROGRAM VOLUME

Our Child Nutrition Program is now serving approximately 680,000 "A" meals daily and I felt you would be interested in knowing how this relates to our commodities.

Allowing one pound per month per child of any commodity and using the above "A" meals this is the amount needed for the state of Massachusetts for one month.

Chicken, Frozen	19 freight cars or	22,000 cases
Turkey, Frozen	19 freight cars or	17,000 cases
Butter	17 freight cars or	20,000 cases
Cheese, Processed	20 freight cars or	22,000 cases
Beef, Frozen	17 freight cars or	12,400 cases
Cnd. Peaches	8 freight cars or	18,000 cases

Cont'd on Page 5



COLONIAL CHRISTMAS

Smokehouse Ham or Hamloaf

Cauldron Creamed Potatoes

Root Cellar Salad

Apple Pupton

Steamhouse Roll, Butter

Crock of Milk

BICENTENNIAL NOTES

A tradition in old New England was that if dinner guests could not make an invitation or if neighbors were ill, the dinner was sent over to them. This custom was known as a "cold party."

New England has a propensity for duplicate names for towns. Just like the original settlers, for nostalgia named their new homes after places left in England, later colonists did the same. To them, a move from Connecticut to Vermont or Massachusetts to New Hampshire was as big a move as Europe to the new world. And never envisioning such speedy means of travel as the present affords us, no confusion occurred then. Therefore we are now left with numerous Manchesters, Concords, Bristols, Sharons, Westons, Windhams and so on making travel and directions to a visitor a real challenge. You could find yourself in the land locked city of Plymouth, N.H. looking for a ship and the famous rock.

Some advice for child rearing in the 18th century was for boys to go out without hats on to harden their heads, to sleep without night caps as soon as they had hair. Children's feet were to be dunked in cold water and they were to wear thin soled shoes so the wet could seep in-all for the purpose of toughening the child's feet.

YOUR CLAIM FORM AND THE MEAL TAX

F.P. 6

Item 1 G: enter the price to adults
without the tax.

F.P.6-B

Item 1.E Include the tax in all
other income.

2C. Include the tax with other.

All other questions on the meal tax should be directed to the Department
of Corporations and Taxation, 100 Cambridge Street, Boston, Ma. 02204.
The telephone number is 727-4489.

The University of Massachusetts is planning to offer a course on
"Computerized Methods of Preference Maximization for Food Management and
Diet Control." The dates are January 5-10 or 12-17, 1976. The tuition
is \$295.00.

The course is designed to familiarize food service managers and dieti-
tians with current systems and implementations of computerized food manage-
ment, and to bring them up to date with recent developments in the area.
Emphasis will be placed on how to measure and satisfy food preferences
while providing adequate nutrition in volume feeding and meal delivery sys-
tems such as schools, colleges, hospitals, military and industrial feeding
systems at minimum cost.

For further information contact: Dr. Joseph L. Balintfy Food Manage-
ment Science Laboratory, School of Business Administration, University of
Massachusetts, Amherst, Ma. 01002. Phone - 413/545-0866.

HAS YOUR SCHOOL ENTERED?

2ND Annual Poster Contest "Breakfast Right--Think Bright"
See November Newsletter for details
Deadline - February 1, 1976

Cont'd from Page 3

BUTTER

Our state has received and issued the 30 cars of butter allocated. Decem-
ber will be the last month this commodity will be available unless U.S.D.A.
decides on additional purchases.

TYPE A MENU REQUIREMENTS

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MILK - 1/2 pint

RECALL ALERT

The following notices have been issued by the National Recall Alert Center, Washington, D.C.:

Product - (A) whole potatoes, (B) au gratin potatoes, (C) home fries, (D) scalloped potatoes (E) parsley potatoes, (F) Pumpkin/Squash

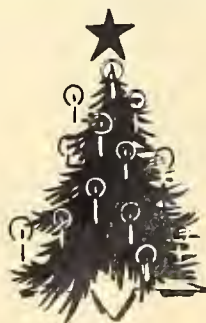
Note - All above are under the One-Pie, Staff, A&P, and S.S. Pierce red labels.

Lot Numbers - (a) WPB4; (B) All lots beginning with "AP" and ending in 2, 3 or 4; (C) All lots beginning with "HF" and ending in 2, 3, or 4; (D) CPA4, CPE4 and all lots starting in CP and ending in 2, 3, or 4; (E) All lots starting in PP and ending in 2, 3, or 4; and (F) PA14/3-23 PS14/4-27, PS14/3-17, PSJ4/2-16 and PSJ4/3-11

Manufactured and recalled by - Modomak Canning Co., Maine

Distribution - New England States and upstate New York

Reason for recall - Products received insufficient heat during canning process to assure safety



Cont'd from Page

Chapter 766

The other priority program Chapter 766, may be simplified into the provision of full educational opportunity for those with special needs. All our schools, therefore, have the responsibility of offering the regular food service programs agreed upon in the contract between the local sponsor (school committee) and this State Bureau.

If children have handicaps such as inability to walk or carry trays, then alternate systems should be devised to enable the children to be served. If additional serving time before, between, or after normal lunch periods is needed to accomplish this, then such should be done readily. If the lunch area is located up or downstairs or in some location not accessible to all students, then possibly some meals could be packed in individual trays and taken by other students to an easily reached area. Every effort should be made to equalize methods, systems, and opportunities for participation.

The question of special dietary meals for some school children (with "special needs") has complex problems involved because the normal food service does not have the services of an expert in therapeutics. Nor does staff have time, training and constant supervision to prepare and serve special diets. In general, therefore, we presently recommend that the child with demanding diet requirements be supplied this from home. The food service staff could cooperate with the parent in providing refrigeration space for a home-packed lunch or making available an emergency glass of orange juice if the school nurse so requests.

One additional thought could be to cooperate with school authorities if there might be unusual need for lunch foods to be provided for children whose problems included poor mastication and/or holding eating tools, etc. One school system is currently meeting these needs by using a blender to change foods of normal lunch menu into more readily swallowed form, and providing cover-all aprons in place of small paper napkins. These acquisition costs were small but valuable in terms of making lunch service available for those with special needs.

These suggested ideas for the cooperation of school food services in Chapters 766 and 622 compliance are offered to program supervisors and administrators to aid in assuring that no child is denied or shut out of beneficial participation. If the needs and opportunities in individual communities are similar to ones we've described or drastically different due to other unique circumstances, we will offer the help of our staff in trying to decide what can be done to achieve our and the State Board of Education's goals.



MSFSA Notes

The 24th annual state convention was held at the Sea Crest in Falmouth this year. Those who attended returned to their jobs with increased knowledge and new ideas to improve their programs. Hats off to the committee for a job well done.

As this year draws to a close and all of us are caught up in the whirl of shopping and preparing for the joyous holiday season - let us take a few minutes to reflect on our role and our responsibility in providing the youth in our schools with nutritious, appealing food. Put some Christmas spirit in your menus and decorate your lunchrooms for the children who otherwise would not know the joys of this happy time of year.

Remember, also, your association - we need your support - so send your check along for your dues, and if you already have - please encourage your co-workers who are not members to join now. Each year the M. S. F. S. A. gives scholarships to six members who wish to further their education in the food service field. These funds may be applied to the seminars held each year at Stonehill College and the University of Mass., or for courses at other colleges giving credits toward an Associate Degree. Applications are available from Shirly Kristenson, Awards Chairman.

Our best wishes to all for a very Merry Christmas and a Happy New Year.

Pauline Malnati, Public Relations

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